

*Recipes When Recovering From Jaw Surgery*



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## Recovering From Jaw Surgery

Undergoing jaw surgery can be a significant and life-changing experience, but the recovery process is crucial for a successful outcome. Here are some tips to help you recover from jaw surgery:

**Follow your surgeon's instructions:** Your surgeon will provide you with specific instructions for your recovery, including diet, medication, and activity restrictions. It's important to follow these instructions closely to ensure proper healing.

**Manage pain and swelling:** Pain and swelling are common after jaw surgery. Your surgeon may prescribe pain medication and recommend using ice packs to reduce swelling. Keeping your head elevated can also help reduce swelling.

**Adding protein to your diet is crucial during recovery from jaw surgery due to its role in tissue repair and regeneration. Protein provides the building blocks necessary for healing, aiding in the formation of new cells and tissues. Since jaw surgery can involve significant trauma to the mouth and jaw area, adequate protein intake supports the repair of damaged tissues, including muscles, ligaments, and bones. Additionally, protein helps maintain muscle mass, which is important for overall strength and function, especially when normal chewing and eating patterns may be disrupted.**

**Eat a soft diet:** In the days and weeks following jaw surgery, you'll need to stick to a soft diet to avoid putting pressure on your jaw. This may include foods like smoothies, mashed potatoes, and soup. Avoid hard, crunchy, or chewy foods until your surgeon gives you the all-clear.

**Practice good oral hygiene:** It's important to keep your mouth clean to prevent infection. Brush your teeth gently and rinse your mouth with warm salt water regularly.

**Take it easy:** Rest is crucial for recovery, so take it easy and avoid strenuous activities. Your surgeon will let you know when it's safe to resume normal activities.

**Stay positive:** Recovery from jaw surgery can be challenging, both physically and emotionally. Stay positive and focus on the fact that you are taking an important step toward improving your health and quality of life.

By following these tips and staying in close communication with your healthcare team, you can help ensure a smooth recovery from jaw surgery.



Dr. Adriana Da Silveira, DDS, MS, PHD

There are many forms of protein that can be easily incorporated into your diet post-jaw surgery. Soft or liquid forms of protein are often recommended to avoid strain on the jaw. Some examples include:

**Protein shakes or smoothies:** These can be made with protein powder (such as whey, soy, or pea protein), milk, yogurt, and fruits. They can be customized to your taste preferences and nutritional needs.

**Pureed meats:** Meats can be cooked until very tender and then pureed with broth or gravy for added moisture and flavor.

**Eggs:** Soft scrambled eggs or omelets are a good source of protein. They can be cooked until very soft and easy to chew.

**Greek yogurt:** Greek yogurt is high in protein and can be easier to consume than regular yogurt. It can be blended with fruits for added flavor.

**Cottage cheese:** Cottage cheese is soft and easy to eat, making it a good source of protein post-surgery.

**Protein-fortified soups:** Adding protein powder or pureed beans to soups can increase their protein content.

**Nut butters:** Smooth nut butters, such as peanut butter or almond butter, can be added to smoothies or spread on soft bread for a protein boost.

**Protein-fortified oatmeal or porridge:** Adding protein powder or milk to oatmeal can increase its protein content.



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## *Creamy Vegetable Soup*

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- 2 c. mixed vegetables (carrots, peas, mushrooms, corn, broccoli, basil)
- 4 c. vegetable or chicken broth
- ½ c. heavy cream
- Salt and pepper to taste

### **PREPARATION**

In a large pot, bring the broth to a simmer.

Add the mixed vegetables and simmer until they are soft.

Use an immersion blender to puree the soup until smooth.

Stir in the heavy cream and season with salt and pepper.

Heat through and serve warm.



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## *Mashed Sweet Potatoes*

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- 2 large sweet potatoes, peeled and diced
- 2 T. butter
- ¼ c. milk
- Salt and cinnamon to taste

### **PREPARATION**

Boil the sweet potatoes in a pot of water until tender.

Drain the potatoes and return them to the pot.

Add butter and milk to the pot and mash until smooth.

Season with salt and cinnamon to taste.

Serve hot.



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## *Soft Scrambled Eggs*

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3 large eggs  
1 T butter or oil  
Salt and pepper to taste

### **PREPARATION**

Crack the eggs into a bowl and whisk them gently until the yolks and whites are combined.

Place a non-stick skillet over low heat and add the butter or oil.

Once the butter has melted or the oil is heated, pour in the beaten eggs.

Using a spatula, continuously stir the eggs gently, scraping the bottom and sides of the skillet.

Cook the eggs slowly over low heat, ensuring they don't brown or overcook.

Continue stirring until the eggs are softly set and creamy in texture, about 3-5 minutes.

Season the scrambled eggs with salt and pepper to taste.

Remove the skillet from the heat and transfer the scrambled eggs to a plate immediately.

Serve hot and enjoy the gentle, creamy goodness of soft scrambled eggs.



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## *Banana Smoothie*

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- 2 ripe bananas
- 1 cup yogurt
- ½ c. milk
- 1 T. honey
- ½ t. vanilla extract

### **PREPARATION**

Place all ingredients in a blender.  
Blend until smooth and creamy.  
Serve chilled.



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## *Yogurt Parfait*

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- 1 c. Greek yogurt
- ½ c. granola
- ½ c. mixed berries (strawberries, blueberries, raspberries)
- 1 T. honey

### **PREPARATION**

In a glass, layer Greek yogurt, granola, and mixed berries.

Drizzle honey on top.

Repeat layers if desired.

Serve chilled.



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## *Pumpkin Soup*

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- 2 c. pumpkin puree
- 3 c. vegetable or chicken broth
- ½ c. heavy cream
- 1 t. ground cinnamon
- Basil leaves
- Salt and pepper to taste

### **PREPARATION**

In a pot, combine pumpkin puree and broth. Bring to a simmer over medium heat. Stir in heavy cream and ground cinnamon. Season with salt and pepper to taste. Top with basil leaves. Serve warm.



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## *Protein-Packed Smoothie Bowl*

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- 1 ripe banana
- ½ c. Greek yogurt
- ¼ c. almond milk
- 1 T. honey
- ½ c. frozen berries
- 1 T. chia seeds (optional)
- Sliced soft fruits for topping  
(e.g., strawberries, kiwi)

### **PREPARATION**

In a blender, combine banana, Greek yogurt, almond milk, honey, and frozen berries until smooth.

Pour the smoothie into a bowl.

Top with sliced soft fruits and sprinkle with chia seeds if desired.

Serve chilled with a spoon.



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## *Creamy Cauliflower Mash*

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- 1 medium head cauliflower, cut into florets
- 2 cloves garlic, minced
- 2 T. butter
- ¼ c. milk
- Salt and pepper to taste
- Chopped parsley for garnish

### **PREPARATION**

Steam or boil cauliflower florets until tender.  
Drain well and transfer to a food processor.  
Add minced garlic, butter, and milk.  
Process until smooth and creamy.  
Season with salt and pepper.  
Garnish with chopped parsley before serving.



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## *Pumpkin Spice Oatmeal*

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- ½ c. rolled oats
- 1 c. milk
- ¼ c. pumpkin puree
- 1 T. maple syrup
- ½ t. pumpkin pie spice
- Chopped nuts for garnish  
(optional)

### **PREPARATION**

In a saucepan, combine rolled oats and milk.  
Cook over medium heat, stirring occasionally,  
until oats are tender and mixture thickens.  
Stir in pumpkin puree, maple syrup, and  
pumpkin pie spice.  
Cook for another 2-3 minutes.  
Serve hot, garnished with chopped nuts if  
desired.



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## *Creamy Avocado Smoothie*

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- 1 ripe avocado, peeled and pitted
- 1 c. milk (dairy or plant-based)
- 2 T. honey
- ½ t. vanilla extract

### **PREPARATION**

Cut the ripe avocado in half, remove the pit, and scoop out the flesh into a blender.

Add milk, honey, and vanilla extract to the blender.

If desired, add a handful of ice cubes for a chilled smoothie.

Blend the ingredients on high speed until smooth and creamy, about 1-2 minutes.

Stop the blender and scrape down the sides with a spatula if necessary to ensure everything is well incorporated.

Taste the smoothie and adjust sweetness or thickness by adding more honey or milk if desired.

Once satisfied with the consistency, blend again briefly to combine any additional ingredients.

Pour the creamy avocado smoothie into glasses and serve immediately.



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