



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Dietary Advice Following Osteotomy or Fractured Jaw

Information for patients, relatives, and
carers

① For more information, please contact:

Department of Nutrition and Dietetics

Scarborough Hospital

Tel: 01723 342415

Woodlands Drive, Scarborough, YO12 6QL

The York Hospital

Tel: 01904 725269

Wigginton Road, York, YO31 8HE

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Introduction

This booklet contains information about the diet you will need to follow after your osteotomy or repair of a fractured jaw.

It is important to follow this diet to keep your jaw stable after surgery (by avoiding the side-to-side movement caused by chewing) to allow it to heal. It is also important to ensure you have adequate nutrition following surgery as your requirements will be increased during healing.

Most people will manage to have a puree diet (See Diet 1) however, if you need to have elastics fitted or are struggling with a puree diet you may need to follow a fluid only diet (See Diet 2). The following advice will help you choose foods of the right texture.

You will be guided by your Doctor as to when you can progress with your diet and move onto more solid textures.

Diet 1 – Puree diet

General points

- To achieve a puree consistency, it is necessary to liquidise some foods.
- To prepare liquidised foods you can use a liquidiser or hand blender together with a deep sided bowl. Smoothie makers are not suitable.
- It can be useful to cook in batches and freeze individual portions.
- Liquidised diets can be very filling and low in energy. You may need to have three small meals plus three snacks instead of three meals a day.
- Make sure meals and drinks are served attractively
- A variety of tastes and colours are important.
- Ensure different foods are pureed separately and kept apart on the plate.
 - Foods should be of a smooth texture with no lumps and should drop easily from a spoon (holding shape on the plate).
 - To ease liquidising add extra sauce, gravy, milk.

- Baby foods are not suitable for adults.
- Small helpings are more practical as liquidised food cools very quickly – you can always have second helpings.
- You may find you are able to eat better at one particular time of day. Take advantage of this to eat more.

Getting the balance right

To ensure your diet is as nourishing as possible, have a variety of foods and include foods from each of the following food groups every day.

1. Protein foods

Meat, chicken, eggs, beans, lentils and vegetarian alternatives – cook before liquidising. Remove all bones and gristle or use minced meats. Add plenty of gravy, stock, sauce. Tinned meats (e.g. Irish stew) liquidise easily.

Fish – beware of hidden skin and bones. Liquidise with sauces or use boil in the bag varieties. Poaching in water or milk also helps to keep fish soft and makes it easier to blend.

2. Starchy foods

Cereals – Instant porridge (e.g., Ready Brek or own brand) or biscuit style cereal (e.g. Weetabix) softened in milk

Potatoes – mashed with extra milk, cream, butter/margarine, or instant mash.

Pasta – with sauce (liquidised).

Rice – boiled until soft and liquidised with sauce until smooth

Bread – avoid as this is difficult to liquidise

3. Fruit and vegetables

Fruit - Ripe soft fruit or tinned fruit (remove skins) liquidise well. Add ice cream, custard, cream, evaporated milk, or yoghurt to fruit. Stew fruit and liquidise.

Vegetables – Remove skin and seeds and cook before liquidising, add extra sauce, gravy, or milk.

Soups – liquidised to a smooth consistency

4. Dairy foods

Use full fat versions and avoid low fat or diet products

Milk – preferably full cream.

Milk puddings – e.g. ground rice, custard, mousse, whip.

Thick and creamy yoghurt, fromage frais, evaporated milk, cream, ice cream, custard.

Cheese – e.g. cream cheese, grated cheese can be added to foods for extra flavour.

Getting enough to eat

One problem with mincing and liquidising food is that you often end up eating less. Make what you do eat as nourishing as possible by adding extra calories and protein. Some examples include:

Fortified milk

Add four tablespoons of dried milk powder to one pint of full cream milk (this can be used in drinks, on cereal or in cooking).

Fortified soup

Add natural Complan, Meritene or own brand (can be bought in chemists or larger supermarkets), or dried milk powder to canned or packet soup. Crème fraiche, Greek Yoghurt, cream, grated cheese, or parmesan cheese also add flavour and nourishment.

Breakfast cereals

Add fortified milk, honey, yoghurt, cream, fruit, sugar

Sauces

Add cheese, margarine, butter, yoghurt, cream, crème fraiche, evaporated milk.

Liquidised vegetables

Add salad cream, mayonnaise, grated cheese, sauces, margarine, butter, yoghurt.

Mashed potato

Add cream, margarine, butter, and cheese.

Puddings

Add jelly, jam, honey, yoghurt, cream, crème fraiche, evaporated milk, margarine, custard, ice cream, sorbet.

Ideas for snacks

Fromage frais, thick/creamy yoghurts, custard in individual pots, smooth mousses, instant whips, blancmanges.

Try to include three snacks per day in addition to meals.

See pages 13-14 for recipes for nourishing drinks you can include between meals.

Suggested meal plan – Diet 1

Breakfast

- Instant porridge (e.g. Ready Brek or own brand) or biscuit style cereal (e.g. Weetabix or own brand) soaked in fortified milk, add cream and sugar
- Glass of orange juice

Mid-morning

- Nourishing drink or snack

Lunch

- Fortified soup
- Liquidised meat, mashed potato and vegetables
- Milk pudding, sorbet, yoghurt, or milk jelly

Mid-afternoon

- Nourishing drink or snack

Evening meal

- Fortified soup
- Liquidised pasta with cheese sauce
- Milk pudding, fruit pureed with cream, custard, or ice cream

Supper

- Nourishing drink or snack.

Diet 2 – Fluid only diet

If you have tight elastics fitted or struggle with a puree diet, you may only be able to take fluids from a beaker or straw. Therefore, you need to ensure the fluids you take are as nourishing as possible. Some pureed foods can be further thinned down with extra fluid to allow them to be taken through a straw.

- Use full cream milk rather than low fat milk.
- Do not fill up on water, squash, diet drinks, tea or coffee, at the expense of nourishing drinks.
- Add cream, condensed milk, ice-cream, glucose, syrup, honey, and full fat yogurt to sweet drinks.
- Add cream, cheese, or butter to soups.
- Aim to have one glass of fresh orange juice or vitamin C enriched cordial daily.

Ideas for nourishing drinks

Nourishing drinks can be a useful way to improve your nutritional intake. The following recipes are suitable for people on both puree and fluid only diets.

Milkshake

Liquidise a scoop of ice cream into fortified milk, add one dessertspoon of milk powder and milkshake syrup.

Fruit milkshake

Mix pureed fruit with fortified milk or yoghurt, add sugar or honey to taste.

Orange juice

Add one dessertspoon of sugar/glucose and the juice of one lemon to a glass of fresh orange juice.

Luxury chocolate cup

Dissolve four squares of chocolate into fortified milk and add sugar/honey to taste.

Mocha warmer

Heat fortified milk, add one tablespoon of drinking chocolate, one teaspoon of instant coffee and sugar/honey to taste. You can also add a tablespoon of double cream.

Ideas for nourishing drinks continued

Spicy sleep tight night cap

Heat fortified milk, add one teaspoon of golden syrup, one pinch of ground cinnamon and mixed spice.

Fortified soup

Add natural Complian, Meritene, own brand nutritional supplement drink or dried milk powder to canned or packet soup. Crème fraiche, Greek yogurt, cream, grated cheese, or parmesan cheese also add flavour and nourishment.

Chicken soup

Dissolve half a chicken stock cube in a cup of hot fortified milk.

Beef soup

Dissolve one teaspoon of savoury spread (e.g. Marmite or own brand) or meat extract (e.g. Bovril) in hot fortified milk.

Smoothies

For each recipe, mix all ingredients in a liquidiser or smoothie maker.

Citrus Fruit

140 millilitres (ml) fresh orange juice
35ml lime cordial
1 ½ teaspoons (7 grams) sugar
100ml soda water

Yoghurt Smoothie

1 pot thick and creamy yoghurt (various flavours)
1 scoop vanilla ice cream
200ml milk
Fresh fruit (choose from apple, orange, banana, pear, pineapple)

Bubbly Build Up

One sachet Complan, Meritene or own brand milkshake (various flavours)
200ml milk
1 scoop vanilla ice cream.

Suggested meal plan – Diet 2

Breakfast: Thin instant porridge made with fortified milk. Add cream and sugar. Glass of fruit juice. Add sugar or glucose to taste.

Mid-morning: Homemade or supplement drink, or smoothie.

Lunch: Soup, savoury Complan/Meritene/own brand, or fortified soup.

Mid-afternoon: Custard, blancmange or strained or smooth full fat yogurt (made runny with extra milk or evaporated milk).

Evening meal: Homemade or supplement drink, or smoothie.

Supper: Complan soup, savoury Complan or fortified soup. Strained or smooth yogurt, runny instant whip, ice-cream left to melt.

Before bed: Milky drink (e.g. Ovaltine, Horlicks, Cocoa or Drinking Chocolate).

Planning for home

After your operation, the staff on the ward will ensure you are able to tolerate an adequate modified texture diet before sending you home. When you leave you will be provided with a one-week supply of milkshakes or soups to supplement your diet intake.

Should you feel you require these for a longer period you can purchase Meritene, Complan or own brand milkshakes and soups from chemists or larger supermarkets.

Weight

A good way to check whether you are getting enough nutrition is to monitor your weight. Weigh yourself once a week and if you are losing weight contact your doctor who may refer you to the Dietitian for further advice.

Mouthcare

It is important to follow the advice you have been given by the ward team with regards to oral hygiene and mouthcare. A high sugar diet with frequent meals (as advised) may put your dental health at risk, you may wish to discuss this with a dental hygienist.

Constipation

Constipation can be a problem with a puree and fluid only diet:

- Drink at least six to eight cups of fluid per day
- To increase fibre, use high fibre cereals with hot milk to soften, e.g. porridge, Weetabix
- Include suitable fruit and vegetables daily
- Do not use unprocessed bran as this doesn't add to nutritional content and can cause constipation

Ensure the above foods are the correct consistency for the diet you are following (i.e. puree or fluid only).

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Admin Team, Nutrition & Dietetic Department, York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269, or email nutrition&dietetics@york.nhs.uk

Teaching, training, and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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Telephone: 01904 725566

Email: access@york.nhs.uk

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