



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:

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# Introduction

This booklet contains information about the diet you will need to follow after your osteotomy (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 important to ensure you have adequate nutrition following surgery as your nutritional requirements will be increased during healing.

Most patients will require a puree diet (see diet one). However, if you require elastics to be fitted or are not tolerating a puree diet, your consultant may advise to commence a fluid only diet.

The following advice will help you choose foods of the right texture.

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

# Diet One – Puree Diet ☐

## As a guide, pureed food is:

- Foods should be of a smooth texture with no lumps and require no chewing.
- Foods should not be sticky.
- Foods should hold their shape on a plate.
- Foods should usually be eaten from a spoon and drop easily from a spoon when tilted.
- Liquid must not separate out from the food.

## General Points

- To achieve a puree consistency, it is necessary to puree some foods.
  - Baby foods are not suitable for adults as they do not contain sufficient nutrients.
- To prepare pureed foods you can use a liquidiser or hand blender. Smoothie makers are not suitable.
- To ease pureeing add extra sauce, gravy, or milk.
- 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.

# 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 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 or 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.

Additional crème fraîche, 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 fraîche, 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 or creamy yoghurts, custard in individual pots, smooth mousses, instant whips, blancmanges.

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

See pages 12-14 for recipes for nourishing drinks you can include between meals.



# **Suggested meal plan – Diet One**

## **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 Two – 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.

# Food Fortification Methods:

Fortification is a process of adding extra calories and protein to foods and fluids to make them as nourishing as possible.

\*Dried skimmed milk powder, Complan and vegan protein powders can be found at supermarkets or a pharmacy\*

- **Fortified milk:** Add four tablespoons (60g) of dried or skimmed milk powder to one pint of full fat milk.
- **Fortified plant-based milk:** Add 20-30 grams of soya or coconut milk powder or vegan protein powder to dairy-free milk of your choice.
- **Fortified soup:** Add original flavoured Complan, dried skimmed milk powder, double cream, grated cheese, or yoghurt to each can or packet of soup.
- **Fortifying milkshakes:** Blending in double cream, full fat milk, sugar or sweetener, yoghurt, coconut cream, protein power or vegan alternatives.
- **Fortify hot drinks:** with Horlicks, Ovaltine, Cocoa powder and extra Whole milk.

# 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.

These nourishing drinks can be made dairy free.

- By swapping dairy milk with soya, oat or alternative milk and by swapping protein powder for vegan alternatives such as pea or soya.

**If the consistency is too thick:** consider adding extra milk or water to thin down the liquid.

## **Complan:**

Sweet or savoury are available. These can be made using cold or warm full fat milk.

## **Milkshake:**

Blend two scoops of ice cream of choice with 200ml fortified milk and add one dessert spoon of milkshake syrup or powder.

## **Fruit smoothie (can be made vegan):**

Blend a handful of fresh or frozen fruit with 200ml fortified milk, add two dessert spoons of full fat cream. Extra: add in kale, spinach, or greens powder for vitamins.

**Fruit Juice Delight (can be made vegan):**

Blend a 125g pot of full fat yoghurt with 200ml fresh fruit juice, a handful of frozen or fresh fruit and added sugar or honey to taste. Extra: add in kale, spinach, or greens powder for vitamins.

**Very Vanilla (can be made Vegan):**

Blend one medium banana with 50g cashew nuts, 20g vanilla soy protein and 300ml milk of choice.

**Choco nut (can be made Vegan):**

Blend one medium banana, 300ml milk of choice, 50g peanut butter, 50g syrup, 10g cocoa powder and 20g protein powder.

**Luxury Chocolate Cup:**

Dissolve four squares (30g) of chocolate in 200ml warm fortified milk and add with sugar or honey to taste.

**Mocha Warmer:**

Mix 200ml fortified milk with one tablespoon of drinking chocolate, one teaspoon of instant coffee with sugar or honey to taste.

# **Smoothies**

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

## **Citrus Fruit**

140 millilitres (ml) fresh orange juice

35ml lime cordial

One and a half teaspoons (seven grams) sugar

100ml soda water

## **Yoghurt Smoothie**

One pot thick and creamy yoghurt (various flavours)

One 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

One scoop vanilla ice cream

# **Suggested meal plan for a fluid diet:**

## **Breakfast:**

150ml fresh orange juice

And a Very Vanilla or Choco nut Smoothie OR Complan

## **Mid-morning:**

Glass of fortified milk or fortified hot drink such as Mocha warmer.

## **Lunch:**

Homemade smoothie with a source of green vegetables or greens powder OR Complan.

## **Mid-afternoon:**

Homemade or shop brought milkshake.

## **Evening Meal:**

Savoury Complan soup or thin soup from the supermarket fortified with double cream and grated cheese or coconut cream OR Complan.

## **Supper:**

Glass of fortified milk or fortified hot drink.

Overall, aim to have at least three nourishing smoothies or milkshakes OR Complan per day additionally to fortified milk, hot drinks, and soups.

## **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 does not 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).

# Discharge from hospital

Planned discharge date: .....

|          |                                     |  |                               |
|----------|-------------------------------------|--|-------------------------------|
| Diet one | Puree Diet <input type="checkbox"/> |  |                               |
|          | Weight on Discharge                 | kg   | Date:                         |
|          | Number of Complan on Discharge      | Milkshake  | x 10 <input type="checkbox"/> |
|          |                                     | Soup   | x 10 <input type="checkbox"/> |
|          | Referral to Dietetics               | Yes <input type="checkbox"/> No <input type="checkbox"/> | Date:                         |

|          |  |  |                               |
|----------|--|--|-------------------------------|
| Diet two | Fluid Only Diet <input type="checkbox"/> |  |                               |
|          | Weight on Discharge                      | kg   | Date:                         |
|          | Number of Complan on Discharge           | Milkshake  | x 10 <input type="checkbox"/> |
|          |  | Soup   | x 10 <input type="checkbox"/> |
|          | Referral to Dietetics                    | Yes <input type="checkbox"/> No <input type="checkbox"/> | Date:                         |

## **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, York Hospital, Wigginton Road, York YO31 8HE.

Telephone 01904 725269.

Email [yhs-tr.yorkdietitians@nhs.net](mailto:yhs-tr.yorkdietitians@nhs.net).

## **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 [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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