

Post-Operative Feeding Guidelines Following Palate Re-Repair

How should I feed my child after surgery?

- Day 1-7: liquids only
- Day 7-14: purees with no chunks
- Day 15-30: Soft mashable foods (see attached list)
- Day 31: No restrictions, unless surgeon provides specific instructions

Examples of soft mashable foods for days 15-30

Breakfast:

- Scrambled eggs
- Applesauce
- Yogurt
- Ripe banana
- Any vegetable/fruit pureed
- Oatmeal
- Soft pancakes (butter & syrup), cut into small pieces
- Soggy cereal

Lunch/Dinner:

- Thin mash potatoes without chunks
- Ripe avocados
- Well-cooked noodles
- Jello/pudding/tapioca
- Soups with no chunks aside from boiled, well-cooked small pieces of vegetables or noodles
- Well-cooked macaroni and cheese (gooey stuff at the grocery store deli)
- Soft bread without crust
- Soft meats (ground meat, pulled pork, shredded chicken, etc.)
- Refried beans

****In general, the texture of foods should be soft enough that it can be pressed through the tines of a fork*