



Meal Ideas for Post Oral Surgery

Breakfast

- **Quick oats porridge**

Ingredients: Quick Oats (eg. Uncle Tobies) (alternately rice or farex cereal), honey, fruit

Method: Mix porridge as per instructions on packet with a little extra water, NO MILK. Add honey or fruit to taste and blend into a puree.

- **Scrambled eggs**

Ingredients: 3 x eggs, 2 tablespoons of water, salt, pepper and your choice of sauce

Method: Whip eggs with a whisk and 2 tablespoons of water. Cook in microwave for 1 minute on medium high. Removed and beat with whisk, continue process until egg is cooked and "crumbly". Add salt and pepper to taste and top with your favourite sauce.

- **Baked beans**

Ingredients: 1 tin of baked beans and powdered mash potato (DEB)

Method: Place in blender and puree. Place puree in a microwave safe dish and add heat in the microwave

- **Fruit puree**

Ingredients: Your choice of fresh seasonal fruit

Method: Mash or blend fruits together to form a soft smooth consistency

- **Fruit smoothie**

Ingredients: Your choice of fresh seasonal fruit and juice or water

Method: Blend fruit together and add your favourite juice or water.

Dr Paul Lloyd G Coceancig

MB ChB Otago BDS Hons Sydney MDS OMS Otago FRACDS OMS

Oral and Maxillofacial Surgeon



OCEAN
SURGICAL Pty

Lunch/Dinner

- **Soups**

Puree your favourite home made or canned soup

- **Canned salmon or tuna with avocado**

Ingredients: One small can of salmon or tuna, avocado, balsamic vinegar

Method: Empty contents of salmon or tuna into the blender and add avocado and balsamic vinegar to taste

- **Pasta & meat sauce**

Ingredients: Pasta, onion, minced meat, tomato (fresh or canned), mushrooms

Method: In a frying pan add oil with diced onion. Add mince. When brown, add mushrooms to taste and diced tomato. Simmer until mushrooms and tomato is cooked. While mince is cooking, in a separate saucepan cook pasta as per instructions on packet. Once both the pasta and mince is cooked combine together or separately puree in blender.

ABN 13 103 192 187

CORRESPONDENCE PO BOX 836 NEWCASTLE NSW 2300

SURGERY SUITE 4 LEVEL 2 BOARDWALK NORTH 1 HONEYSUCKLE DRIVE NEWCASTLE NSW 2300

T +61 2 4927 1577 M +61 (0) 439 496 575 F +61 2 4927 5996

www.oceansurgical.com.au manager@oceansurgical.com.au