PALATE SURGERY POST-OP CARE
CAUTION: Soft diet ONLY

Soft foods	Avoid hard/sharp foods Foods that linger in the mouth
 Soggy cereal	 Soft fruit
 Porridge	 Hard cereal
 Crisps	 Biscuits
 Egg & beans	 Soup
 Rice	 Chocolate
 Sandwiches	 Toast
 Mashed potato	 Fish pie
 Cottage pie	 Pizza
 Chips	 Fish fingers
 Pasta	 Ice cream
 Yoghurts	 Chicken nuggets
 Sweets	 Hard fruit
 Jelly	 Custard
 Dhaal	 Poppadoms
 Naan bread	 Chapatis
 Soft noodles	 Bread

Please note – it is also not advisable to use a straw



Always encourage your child to have a drink of water after every meal.
This is not an extensive list – please ask a member of the cleft team if you are unsure about a certain type of food.

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