

Soft diet



Information for patients

This information sheet gives you some ideas about what you can and cannot eat on a soft diet. If you have any queries, please speak to the Clinical Nurse Specialist or any of the nurses on the ward.

After surgery, what you eat can make a big difference to how long it takes you to recover. By eating the right foods, you can prevent problems and help your body to heal quickly.

Your surgeon has advised you to eat a soft diet. This means eating foods that need little or no chewing. You can eat a wide range of foods on a soft diet. Many of these are easy to prepare.

When instructed to have this type of diet, we recommend you eat more regularly than normal to ensure sufficient intake of calories and nutrients.

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your **name** and **date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

If we don't ask these questions, then please ask us to check.

Ensuring your safety is our primary concern.

Here we list some that you can and cannot eat while you are on this diet.

Liquids (homemade or from a shop)

- Soups
- Fruit or vegetable smoothies
- Milk shakes.

Foods

- Hot cereals such as porridge or Weetabix, watered down with milk or water.
- Soft-boiled or scrambled eggs.
- Mashed vegetables, such as potato, carrot, parsnip, swede and sweet potato.
- Well-cooked pasta or rice with sauce.
- Crackers and cereals if they are soaked in soup or milk for a few minutes, until soft enough to swallow.
- Very soft white breads without crusts, spread with light cream cheese or mild dips made with pureed white beans or chick peas.
- Yoghurt, jelly, ice cream, rice pudding and pancakes made soft with syrup.
- Canned fruits, baked beans and moist ground meat.
- Use a blender to soften fruits and add juice to help break them up.
- Use a food processor or a hand blender to puree chunky vegetable soups.

Foods to avoid

- Raw fruits and vegetables.
- Chewy breads and pizza.
- Crunchy snacks such as popcorn, crisps, nuts, crackers and granola.
- Casseroles and soups with large pieces of veg or meat.
- Beef jerky, stringy meat, bacon and sausages.

Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

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Who can I contact with queries and concerns?

Monday to Friday, 8am-4pm: contact our Clinical Nurse Specialist (CNS) on **020 3299 5216**.

After 4pm and at weekends: phone switchboard on **020 3299 9000** and ask to speak to the member of staff on call for Oral and Maxillofacial Surgery.

In an emergency: please go to your local Emergency Department (ED).

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601**

Email: **kch-tr.PALS@nhs.net**

You can also contact us by using our online form at **www.kch.nhs.uk/contact/pals**

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.