

First 2 Months Post-Op

Day 1 post-op: <i>Phase 1/Thin liquids</i>	Day 2 <i>Thin liquids</i>	Day 3 <i>Thin liquids</i>	Day 4 <i>Thin liquids</i>	Day 5 <i>Thin liquids</i>	Day 6 <i>Thin liquids</i>	Day 7 <i>Thin liquids</i>
Week 2: <i>Phase 2/Mushy or pureed foods</i>	Day 9 Mushy/pureed foods	Day 10 Mushy/pureed foods	Day 11 Mushy/pureed foods	Day 12 Mushy/pureed foods	Day 13 Mushy/pureed foods	Day 14 Mushy/pureed foods
Week 3: Phase 3/Soft foods	Day 16 Soft foods	Day 17 Soft foods	Day 18 Soft foods	Day 19 Soft foods	Day 20 Soft foods	Day 21 Soft foods
Week 4: Phase 3/Soft foods	Day 23 Soft foods	Day 24 Soft foods	Day 25 Soft foods	Day 26 Soft foods	Day 27 Soft foods	Day 28 Soft foods
Week 5: Phase 4/Regular foods ***NO SALAD, NO RAW VEGETABLES, NO NUTS/SEEDS, NO DRIED FRUITS, NO BREADS, RICE, PASTA	Day 30 Regular foods ***	Day 31 Regular foods ***	Day 32 Regular foods ***	Day 33 Regular foods ***	Day 34 Regular foods ***	Day 35 Regular foods ***
Week 6: Phase 4/Regular foods NO SALAD, NO RAW VEGETABLES, NO NUTS/SEEDS, NO DRIED FRUITS, NO BREADS, RICE, PASTA	Day 37 Regular foods ***	Day 38 Regular foods ***	Day 39 Regular foods ***	Day 40 Regular foods ***	Day 41 Regular foods ***	Day 42 Regular foods ***
Week 7: Phase 5/Regular foods. You MAY start incorporating raw vegetables, salads, nuts/seeds, dried fruits	Day 44 Regular foods	Day 45 Regular foods	Day 46 Regular foods	Day 47 Regular foods	Day 48 Regular foods	Day 49 Regular foods
Week 8: Phase 5/Regular foods	Day 51 Regular foods	Day 52 Regular foods	Day 53 Regular foods	Day 54 Regular foods	Day 55 Regular foods	Day 56 Regular foods

*You may stay in phase 1 and 2 for longer than 1 week.

****Refer to binder for food examples

**You may NOT advance from phase 1 or 2 BEFORE one week

***You may stay in Phase 3 for up to 4 weeks.

