

Center for Craniofacial Care

Do's and Don'ts of Feeding after Palate Repair

Follow these suggestions and keep your child on soft foods until your post-op appointment with Dr. Rhodes.

Do's:

All food should be soft. For the first few days after surgery you will probably give mostly liquids (formula, milk, juice, water) and pureed food. Some suggestions include:

applesauce, yogurt, yogurt combos, milky mashed potatoes, creamy soups, Jello, pudding, custard, ice cream and Stage 1, 2 baby foods.

After about 3 days, you can add more texture. Some suggestions include:

Soft-cooked macaroni and cheese, chopped, with extra milk

Cooked cereal or milk-soaked cereal (such as soggy Cheerios)

Soft scrambled eggs, cottage cheese

Gravy with shredded cooked chicken/pork, ground meat

Gravy with soft cooked rice, chopped noodles, soft/mashed beans

Chopped soft vegetables, bananas, and cooked fruits/canned vegetables and fruits

Tofu

You can use a blender and make yogurt smoothies, milkshakes, creamed soups.

Add nonfat dry milk powder to milk, ice cream, yogurt, pudding, soup, hot cereal, soft-cooked or scrambled eggs, mashed potatoes, gravies, sauces, and casseroles. Use 1 to 2 tablespoons in each 4-ounce serving.

Encourage extra calories by using whole milk and higher fat contents as opposed to low calorie, light, or low fat products.

You can use products such as Carnation Instant Breakfast or Pediasure.

You can increase fluids by adding extra formula or milk to baby cereal and baby food

Try to follow feedings with water to help clear food out of the mouth.

Don'ts

Do not give any food which is:

Hard/crunchy – this includes things like breaded/fried chicken nuggets, bread or pizza crusts, toast, crackers, chips, pretzels, cookies, candy.

Sticky/gummy – this includes things like white bread, peanut butter and soft cheese.

Avoid hot food, spicy food or highly acidic food, such as orange juice.

Remember:

Your child may only want certain foods, so don't worry too much about a balanced diet.

Encourage liquids.

Your child may take smaller amounts of food and want to eat more frequently.

If you are using Tylenol and/or ibuprofen, wait 30 minutes to take effect and then try feeding.

Try not to eat "forbidden foods" in front of your child.