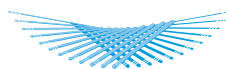




Examples of Soft Diet



COUNTIES
MANUKAU
HEALTH

Food suggestions following surgery to the palate or mouth

After any type of surgery to the palate or mouth we recommend a soft diet for 2-3 weeks. Your child will be more comfortable and it will reduce the risk of damage to the surgical repair.

Your child should be able to build up to a normal diet in the 3 week after surgery.

Please encourage your child to drink water after all meals to clean/rinse the mouth.



General tips:

- Your child should have small amounts frequently, there are some ideas below that can be given as snacks throughout the day
- Try using sauces and gravy to soften meals.
- Add custard or yoghurt to fruit and cereals to soften meals
- Soften foods by chopping, mincing and mashing
- Avoid foods that are hard or sharp such as biscuits, toast, raw carrots etc
- Avoid biting into firm food such as whole bananas, apples, sausages etc. It is better to chop them up into small pieces and chew carefully.
- Avoid bread as this may stick to the roof of the mouth

Food suggestions:

Cereals

- Porridge made with milk
- Weetbix, rice, cornflakes, muesli, etc. soaked well in milk or yoghurt

Meat and Poultry

- Well-cooked and tender minced meat such as Shepard's (cottage) pie.
- Corned beef hash, or meat loaf
- Chilli con carne
- Skinless sausages chopped into small pieces
- Tender meat in stews, hotpots or casseroles – do not use large chunks of meat

Fish

- Flaked fish in sauces such as white, cheese or parsley sauce
- Fish pie, fish cakes
- Tinned fish such as salmon, tuna and sardines - this can be mixed with mayonnaise
- Battered fish



Eggs and Cheese

- Scrambled, poached, fried, omelette or boiled
- Egg in mayonnaise
- Egg dishes such as sweet or savoury egg custards or soufflés
- Quiche
- Cauliflower cheese
- Cottage cheese, cream cheese
- Grated cheese
- Cheese triangles, slices or spread

Pulses and Nuts

- Baked beans
- Hummus, dahl etc
- Dips
- Soft lentils and chickpeas

Pasta and rice dishes

- Lasagne
- Moussaka
- Bolognaise sauce with pasta
- Macaroni cheese
- Ravioli
- Soft Pasta with different sauces
- Tinned spaghetti
- Noodles
- Rice

Potatoes and Vegetables

- Soft carrot, parsnip, cauliflower, broccoli, courgettes, pumpkin, kumara and potatoes are all easy to mash
- No raw vegetables
- Try adding grated cheese, extra butter or margarine, cream or gravy to mashed vegetables
- Ratatouille
- Dips such as hummus and guacamole can be added to mashed vegetables



Fruits

- Tinned or stewed fruits such as peaches, pears, plums, fruit salad, apples
- Fresh fruit such as banana, melons, strawberries, chopped or mashed.
- No acidic fruits such as oranges and pineapple
- Fruit purees

Desserts

- Milk puddings such as rice pudding or semolina
- Yoghurt, Fromage frais
- Ice cream or sorbet
- Jelly or trifle
- Mousses or whips
- Egg custard, crème caramel
- Custard
- Cheesecake, sponge puddings with fruit
- Fruit crumble
- Pancakes
- Biscuits dipped in a hot drink to soften them
- Soft cake

Drinks

- Milkshakes
- Hot milky drinks but avoid anything too hot for the first few days
- Fruit juices
- Complan
- Smoothies
- NO STRAWS, or sports bottles – use an open cup to drink from.

If you have any concerns please contact the Cleft Clinical Nurse Specialist

Contact Details:

Cleft Clinical Nurse Specialist
09 276 0044 ext 58922
021 574 434



Middlemore Guide

Rainbow Corridor

Car parks

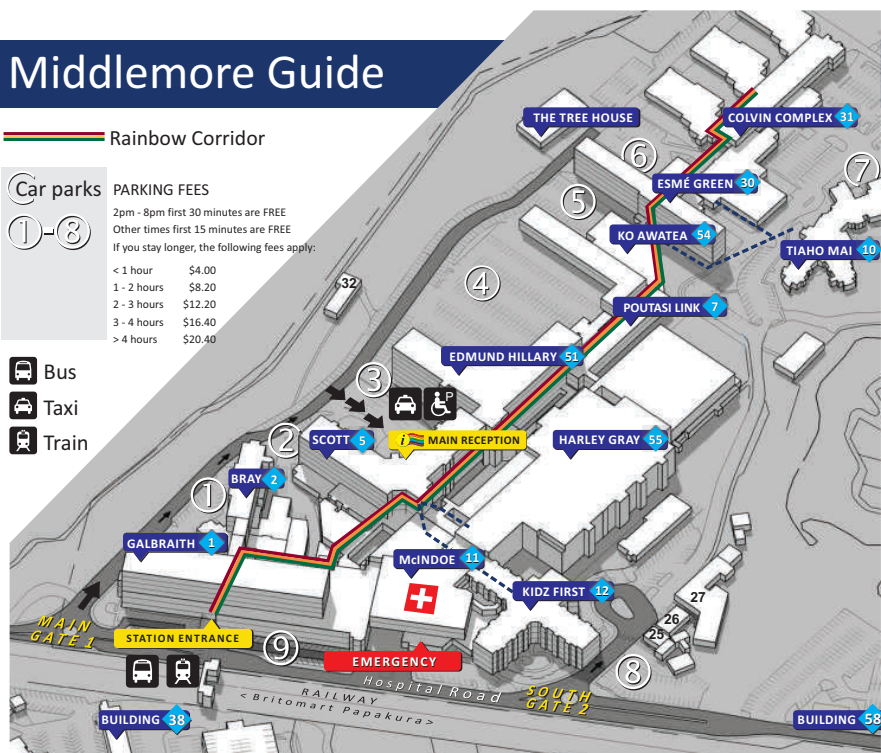
①-⑧

PARKING FEES

2pm - 8pm first 30 minutes are FREE
Other times first 15 minutes are FREE
If you stay longer, the following fees apply:

< 1 hour	\$4.00
1 - 2 hours	\$8.20
2 - 3 hours	\$12.20
3 - 4 hours	\$16.40
> 4 hours	\$20.40

- Bus
- Taxi
- Train



Main Reception

♦ Cashier ♦ Spiritual Centre (Main Gate 1)

Emergency

Emergency all ages (on Hospital Road)

Kidz First

Children's Hospital (South Gate 2)

BUILDING

- 1 Galbraith
- 2 Bray
- 5 Scott
- 11 McIndoe via Scott
- 55 Harley Gray
- 51 Edmund Hillary
- 7 Poutasi Link
- 54 Ko Awatea
- 30 Esmé Green
- 31 Colvin Complex
- 10 Tiaho Mai
- 38 Building 38
- 58 Building 58

SERVICES

Radiology* ♦ Birthing ♦ Maternity ♦ GynaeCare ♦ Early Pregnancy ♦ Wound Care ♦ Manchester Suite
Bereavement Care ♦ Middlemore Foundation
Wards 1 - 11 ♦ Coronary Care ♦ Cardiac Catheter Laboratory ♦ Cardiac Step-down ♦ Oral Health
National Burn Centre ♦ Middlemore Central ♦ Staff Centre
Critical Care ♦ Neonatal Care ♦ Operating Theatres ♦ Medical Assessment
Wards 31 - 35 ♦ Koropiko ♦ Haematology ♦ Gastroenterology ♦ Cardiac Investigation ♦ Discharge Lounge
Eligibility ♦ Car parking
Ko Awatea Centre
Middlemore Clinical Trials ♦ University of Auckland ♦ M.I.T. ♦ A.U.T.
Wards 22|Tui, 23, 24 ♦ Rehabilitation
Huia ♦ Kuaka
Whitiora ♦ Home Health Care ♦ Renal Self Care
MRI + CT scans*

* Radiology services are in two buildings.
Please check your destination.

My Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Counties Manukau Health Values

We aspire to live and breathe our values every day as the foundation of our strategic goal to achieve health equity for our community:



VALUING EVERYONE – Make everyone feel welcome and valued

KIND – Care for other people's wellbeing

TOGETHER – Include everyone as part of the team

EXCELLENT – Safe, professional, always improving

The Code of Rights

This means that you should have

- | | |
|-----------------------------|--------------------------------------|
| 1. Respect and privacy | 6. Information |
| 2. Fair treatment | 7. Your choice and decisions |
| 3. Dignity and independence | 8. Support |
| 4. Proper standards | 9. Rights during teaching & research |
| 5. Effective communication | 10. Your complaints taken seriously |



Artwork supplied by Hilary Meehan at Hilary's Studio



countiesmanukau.health.nz

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