Low Salt Diet

For any patient having a **\*facelift, blepharoplasty** (eyelid surgery), and/or **liposuction**, there is a low salt diet you must follow the week prior to surgery as well as four weeks following surgery in order to limit your swelling.

**Some examples of low sodium foods:**

* Fruit
* Yogurt
* Milkshakes
* Jell-o
* Egg whites
* Oatmeal
* Pudding
* White bread
* Fish (with no added seasoning)
* Granola
* Ice Cream
* Pasta noodles (no excess salt or sauce added)
* Peanut Butter
* Water packed tuna
* Poultry (unsalted)
* **ANYTHING 150 mg or less/serving**

**NO**

* Soup
* Crackers
* Anything out of a can
* Ensure
* No added salt to anything you eat
* Fast food
* Salt substitutes

**\*Facelift patients also have to limit their intake to softer food for the first 2-3 weeks after surgery to minimize any heavy chewing that could interfere with muscle tightening.**

 Revised 2/2009