

# NUTRITION GUIDE

## FOR HEAD & NECK CANCER SURGERY

DEPARTMENT OF DIETETICS, SGH

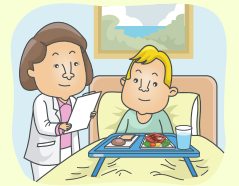


HEAD & NECK CANCER IS A TERM USE TO DESCRIBE A NUMBER OF DIFFERENT MALIGNANT TUMOURS THAT DEVELOP AROUND THE THROAT, LARYNX, NOSE, SINUSES AND MOUTH.

### IMPORTANCE OF NUTRITION BEFORE AND AFTER HEAD AND NECK CANCER SURGERY

Good and adequate nutrition is important to:

- help you cope with the cancer and/or treatment-related side effects
- maintain your weight and nutrient stores
- help you feel better, recover faster from your cancer treatment



### ENERGY (CALORIES)

Your body needs energy for daily activities. People with cancer need **higher energy** to:



Optimize nutritional status



Maintain and/or regain weight lost

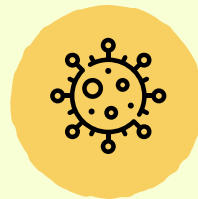


Feel stronger

Calories mainly come from **Carbohydrate, Protein and Fat.**

### PROTEIN

Your body needs **higher protein** to:



Fight infection

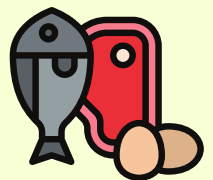


Recover from treatment



Rebuild muscle and tissue

Your **Dietitian** will guide you on the good **sources** and the **amount of protein** that you require before and after surgery.



### TIPS TO INCREASE ENERGY AND PROTEIN INTAKE

You may be losing weight & experiencing symptoms that affect your eating before surgery and/or immediately after surgery.



To get the most out of your diet, you can try to:

- Eat small and frequent meals/ snacks
- Keep regular meal and snacks time, avoid skipping meals
- Eat more protein foods first



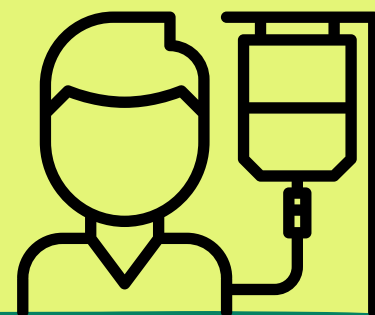
If you still find it difficult to eat enough food, your **Dietitian** will recommend suitable **nutritional supplement drinks** for you.

# NUTRITION BEFORE AND AFTER SURGERY

## Preoperative

If you are planning for surgery, you are encouraged to be on **high energy, high protein diet** to build yourself up for the surgery.

Your **Dietitian** will work with you to devise a **meal plan** that meet your needs.



## Perioperative

Immediately after surgery, you may find that you are unable to eat or drink. Hence, **nutritional supplements** may be fed through a **feeding tube** to ensure adequate nutrients for your body.

Duration of tube feeding will depend on your type of surgery and recovery.



## Postoperative

Subsequently, you may be introduced to **different diet textures or fluid consistencies** orally.

If you are able to obtain adequate nutrition orally, the feeding tube will be removed.



The aim is to get back on your regular, **well-balanced diet!**