

BEFORE SURGERY DIET PLAN (PHEOCHROMOCYTOMA)

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

BEFORE SURGERY DIET PLAN

Adequate Salt (Important)

Unlike many conditions, patients are often advised **higher salt intake** before surgery (after alpha-blocker medicines start).

Why?

Adrenaline excess causes blood vessel constriction → medicines relax vessels → BP can drop → salt helps maintain volume.

Add moderate salt (as per doctor advice), Use homemade food, Avoid extreme salt restriction

Follow endocrinologist's guidance strictly.

High Fluid Intake

2.5–3 liters water daily (Prevents dehydration & BP fluctuations.)

Avoid Trigger Foods

Some foods may increase catecholamine release: Excess caffeine, Energy drinks, Alcohol, Very spicy heavy meals | *Limit strong coffee/tea.*

Balanced Meals

Whole wheat roti, Rice (moderate), Dal, Paneer, Eggs, Chicken (moderate), Cooked vegetables | *Avoid heavy fried meals.*

Avoid Sudden Fasting

Long gaps → stress response → BP fluctuation | Eat every 3–4 hours.

Strictly Avoid

Smoking, Stress triggers, Intense gym workouts, Emotional overexertion, Overuse of decongestant medicines

Lifestyle Before Surgery

Stress management (very important), Deep breathing, Adequate sleep, Avoid crowded stressful environments, Regular BP monitoring at home

AFTER SURGERY DIET PLAN

After tumor removal: BP may drop temporarily | Body adjusts to normal adrenaline levels

First Few Days

Soft diet, Khichdi, Daliya, Soup, Soft rice + dal | *Small frequent meals.*

Hydration Continues

Maintain good fluid intake.

Salt Intake After Surgery

Depends on BP levels: If BP normal → normal salt | If low BP → slightly increased salt (Doctor guided)

Recovery Phase Diet

High protein for healing, Dal, Paneer, Eggs, Chicken, Cooked vegetables, Whole grains | Avoid heavy fried food.

Lifestyle After Surgery

Light walking after 1 week, Avoid heavy lifting 4–6 weeks, Monitor BP regularly, Endocrinology follow-up, Gradual return to normal activity

Sample One-Day Diet (Pre-Surgery Phase)

Morning Breakfast Mid-morning Lunch

Warm water Vegetable poha + boiled egg Banana 2 roti + dal + sabzi + curd

Evening Dinner

Roasted chana Rice + paneer / chicken + vegetables