

RECOMMENDED FOOD LIST FOLLOWING DENTAL SURGERY

We advise patients to plan ahead and buy some softer foods prior to surgery. The following are examples of SOFT FOOD items to be consumed following any surgical procedure:

1. Hearty Soups
2. Juices (avoid citrus for a few days)
3. Jell-O
4. Yogurt (soft or frozen)
5. Pudding/Custard
6. Soft Fruits (banana, berries, canned peached or pears)
7. Applesauce
8. Popsicles
9. Ice cream
10. Fresh Cooked Vegetables
11. Fruit Smoothies/Protein Shakes
12. Oatmeal/Cream of Wheat
13. Eggs (scrambled, soft boiled, egg salad)
14. Mashed Potatoes
15. Rice, Risotto
16. Tofu
17. Pasta (plain or with sauce)
18. Fish (soft white fish, sole, trout)

The following foods should be AVOIDED for the first 14 days after surgery:

1. Spicy foods
2. Foods with small seeds or pieces
3. Foods that are difficult to chew (steak, poultry, deli meats)
4. Crunchy foods (popcorn, pretzels, potato chips)
5. Hard foods (crusty breads, bagels, cookies)
6. Alcoholic beverages