



SUGGESTED FOODS AND BEVERAGES AFTER DENTAL SURGERY

FIRST 24 HOURS:

NO STRAWS

NO HOT FOODS OR HOT BEVERAGES

NO RINSING/ SPITTING

NO CARBONATED DRINKS

NO ACIDIC OR FRUIT JUICES/ SODA

You may have the following:

non sparkling water, iced tea (no lemon), milk, ensure/protein shakes (no straws), iced coffee

Approved foods After 24 Hours:

As a general rule, if you cannot mash it with the back of a fork, DO NOT EAT IT.

SOFT FOODS:

- Canned vegetables
- Scrambled/ Soft boiled eggs
- Ensure / protein shake
- Soft pasta
- Applesauce
- Soups
- Cream of wheat / cream of rice/ Grits
- Pudding/ Yogurt/ Jello
- Soft Bread / pancakes
- Cottage Cheese
- Mashed potatoes
- Canned/potted meat
- Meatloaf
- Steamed Fish
- Sliced Deli Meat
- Refried beans

IF YOU HAD A DENTAL IMPLANT PLACED:

DO NOT EAT OR DRINK THE FOLLOWING ITEMS FOR 2 WEEKS AFTER SURGERY: Spicy foods, Juices, Chips, Nuts, Popcorn, or Carbonated drinks(soda)

- **DURING THE HEALING PHASE OF TREATMENT (4-6 MONTHS) AVOID TEARING OR RIPPING FOODS WITH YOUR TEETH- no hard/crunchy veggies, chewy breads, beef jerky etc.:**
- **CUT FOODS INTO BITES WITH A FORK INSTEAD OF USING YOUR TEETH TO BITE INTO FOODS.**
- **ONCE YOU ARE HEALED FROM THE SURGERY, YOU MAY EAT ANY FOOD THAT YOU CAN CUT WITH YOUR FORK.**