

Post-Surgical Food Guide

After having dental surgery, it can be difficult to find foods that are both filling and fulfilling while still soft and easy to eat. It's important to eat what you feel comfortable with and to keep in mind people heal at different rates following surgery. It is very important that you **DO NOT** use a straw, as it can disrupt the blood clots.

Here is a suggested list of soft foods and liquids you can add to your diet following your surgical procedure:

- Clear Liquids- water and ice chips, Gatorade or sport drinks, diluted carbonated clear sodas (ginger ale, 7Up or Sprite)
- Instant breakfast shakes, i.e. Ensure, Boost or Slim Fast
- Oatmeal, Cream of Rice or Wheat, grits or polenta
- Eggs and omelets
- Pancakes
- Jam on soft bread (not chewy and without crusts)
- Applesauce
- Low acid fruit juices such as pear, apple or vegetable
- Egg, tuna or chicken salad
- Soup broths, cream soups or soft vegetable soups pureed or without hard-to-eat large pieces
- Mushrooms
- Avocados
- Bananas
- Any vegetable (except corn)
- Potatoes or sweet potatoes (well-cooked, mashed, pureed, scalloped or casserole)
- Well-cooked, well-ground or pureed meat and poultry
- Boneless Fish
- Tofu
- Bread-less Sloppy Joes or tortilla-less burritos
- Well-cooked pasta
- Macaroni and cheese
- Refried or well-cooked beans
- Plain ice cream, frozen yogurt, sorbet, juice bars, gelato, mousse, pudding, custard, smoothies, Jamba juice, Popsicles, Jell-O, malts or shakes. (These must be eaten with a spoon in a glass or cup.)
- It is very important **not** to use a straw during the first 24 hours. Be careful to avoid berry seeds and desserts available in stores containing various additions such as nuts, dried fruits, crushed candies, etc. These may fall into the surgical sites.)