

## **SUGGESTED FOODS AND BEVERAGES AFTER DENTAL SURGERY**

### **FIRST 48 HOURS:**

NO STRAWS, NO HOT FOODS OR HOT BEVERAGES, NO RINSING/ SPITTING

- Water
- Milk
- Smoothies
- Iced Tea, Iced Coffee
- Milkshakes
- Protein Drinks (Ensure)
- Pudding
- Jello
- Yogurt
- Ice Cream
- Sorbet
- Applesauce

**Avoid Spicy foods, crunchy sharp foods (Chips, hard Breads), carbonated drinks (soda), and fruit juices (acidic drinks).**

### **FIRST 2 WEEKS:**

DO NOT EAT ANY FOODS THAT CANNOT BE MASHED WITH A FORK

- Canned Vegetables
- Various Beans
- Various Peas
- Cottage Cheese
- Soft Breads (No Rolls or Crusts)
- Soup
- Sliced Deli Meat
- Fish (Baked/Steamed)
- Ground Meat
- Mashed Potatoes
- Pancakes
- Meatloaf

**Avoid Spicy foods, crunchy sharp foods (Chips, hard Breads), carbonated drinks (soda), and fruit juices (acidic drinks).**

### **IF YOU HAD A DENTAL IMPLANT PLACED:**

Follow instructions listed above and **AVOID** nuts, seeds, popcorn, and foods that can get stuck in your teeth.

- While the implants are healing in the bone (usually 4-6 months) **AVOID** tearing or ripping foods with your teeth. Cut your food into bites with a fork. Avoid any foods during this time that cannot be cut with a fork
- **AVOID** hard/crunchy veggies, chewy breads, beef jerky etc.
- Once the implants have fully integrated in your jaw (usually 4-6 months), you will be able to resume regular eating habits.