

SUGGESTED FOODS AND BEVERAGES AFTER DENTAL SURGERY

FIRST 24 HOURS: NO STRAWS, NO HOT FOODS OR HOT BEVERAGES, NO RINSING/ SPITTING

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

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

AFTER 24 HOURS: DO NOT EAT ANY FOODS THAT CANNOT BE MASHED WITH A FORK

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|--------------------------------------|------------------------|-------------------|
| - Canned Vegetables | - Various Beans | - Various Peas |
| - Cottage Cheese
Rolls or Crusts) | - Soup | - Soft Breads (No |
| - 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.