

Eating After Oral Surgery



The Day of Surgery:

- Expect minor swelling and bleeding
 - use an ice pack as needed
- Stay hydrated
 - drink plenty of water and avoid using straws
- Eat soft foods as tolerated
- You may need to avoid:
 - spicy foods
 - acidic foods
 - hot foods
 - crunchy foods
 - sticky foods

The Weeks Following Surgery:

- Contact your oral surgeon if swelling and bleeding do not resolve or if you have uncontrolled mouth pain
- Continue to eat and drink foods and beverages as tolerated
- You may need to eat mainly soft foods until your implants heal tightly around your gums

Soft Foods to Try

Puréed soup
Greek yogurt
Mashed potatoes
Scrambled eggs
Mashed bananas
Applesauce

Tofu
Pudding
Cottage cheese
Instant oatmeal
Flaky fish
Avocado

Nut butters
Protein shakes
Moist/tender meats
Well-cooked vegetables
Ice cream/sherbet
Milkshakes

