

DIETARY RECOMMENDATIONS FOLLOWING ORAL SURGERY

The following list is a sample of recommended and customary food items to consider following oral surgery. The list is curated to include easy-to-swallow and easy-to-digest items of varying nutritional value. It is recommended to consume the most nourishing food to promote the healing process. Feel free to try any of these items but also to improvise based on the patient's specific preferences and needs.

Please contact our office with any questions or concerns.

GREAT CHOICES FOR FIRST MEALS WHILE STILL NUMB:

Jell-o	Yogurt (no chunks or bits)	Ice cream
Pudding	Protein shake (do not use straw)	Milkshake (do not use straw)
Applesauce	Popsicles	

GREAT CHOICES ONCE THE NUMBNESS IS GONE:

Scrambled eggs	Mashed potatoes	Pancakes
Broth	Macaroni and cheese	Oatmeal
Cottage cheese	Tomato soup (lukewarm)	Soups with chunks of meat/vegetables
Ice cream	Bananas	

GRADUALLY INTRODUCE MORE SOLID FOOD, CONSIDERING THESE OPTIONS:

Soft fish	Steamed vegetables	Shredded or stick cheese
Chicken	Ground beef	

AVOID THE FOLLOWING FOODS FOR TWO WEEKS FOLLOWING SURGERY:

Carbonated beverages	Popcorn – for 3 months following surgery	Rice and quinoa
Hot liquids/foods until numbness is gone	Chips and pretzels	Spicy food
	Granola, nuts, and seeds	Using a straw
Smoking and vaping		
Alcoholic beverages		
Social drugs		