



Post-Surgical Food guide after dental surgeries.

It is important to choose foods that are both healthy for proper healing, but also soft and gentle after a dental surgery. Please do not use a straw, as it can disrupt your blood clots.

Suggested foods:

- Eggs, omelets
- yogurt
- pancakes
- applesauce
- low acid fruit juices such as pear, apple or vegetable
- instant breakfast shakes (ie, Ensure smoothie)
- oatmeal, cream of rice, cream of wheat
- egg, tuna or chicken salad
- soup broths, cream soups or soft vegetable soups
- avocados
- bananas
- potatoes or sweet potatoes, well cooked, mashed
- ground meat
- tofu
- boneless fish
- well cooked pasta, mac and cheese
- refried beans
- jello
- ice cream (smooth), frozen yogurt, sorbet
- pudding, custard
- shakes (remember no straw, eat with spoon)

What to avoid:

- using a straw
- berry seeds, sesame seeds, poppy seeds, hemp seeds etc
- nuts, dried beans, crunchy snacks
- dried fruits
- pop corn
- seeded bread/seeded bagels
- chips, crackers