



A SIMPLE GUIDE TO EATING FOLLOWING YOUR DENTAL SURGERY

Follow these eating guidelines for the first two weeks following your dental surgery, after which, you can slowly start re-introducing regular foods back into your routine.

We highly recommend that you spend some time before your procedure grocery shopping and preparing meals, as you will not feel like doing so after your dental surgery. Also, we want you to prioritize absolute rest for the first 3 days following your surgery, so having a stocked refrigerator and meals ready to go will help facilitate that.

The surgical area will be very tender for the first few weeks as the gum tissue begins healing and re-modelling around the surgical site. The general area will be sore, including the muscles that open and close the jaw, and perhaps the jaw joint itself. For this reason, we want you to follow a soft diet that is rich in nutrients that your body requires for the healing process.

Focus on prioritizing lots of protein - the building block of life, as your body will need this to build new bone and tissue. Aim for, at least, 90 grams of protein per day depending on bodyweight. Then prioritize healthy fats, organic fruits & vegetables, and a limited amount of starches.



Soft foods to eat

Soup

Pureed vegetables, chicken.

Smoothies / Smoothie Bowl

Fruit, protein powder, vegetables.

Yogurt Bowl

Banana, ripe strawberries, honey.

Fruits / Vegetables

Mashed avocado, bananas, berries, ripe melon, steamed broccoli or other vegetables cooked soft.

Animal Proteins / Fats

Soft cheeses, milk, scrambled eggs, shredded chicken, salmon, avocado oil.

Starches

Mashed potato, soft pasta, organic oatmeal,

Things to avoid

Spicy foods

Acidic or spicy foods may burn or cause pain immediately after surgery.

Seeds, cracked pepper, popcorn

May get stuck in surgical site and cause pain or infection.

Crunchy or difficult to chew food

May interfere with blood clotting and cause pain.

Smoking, vaping, alcohol, trans fats, seed oils (canola, sunflower etc.)

Refined Sugar