

## **Following Oral Surgery**

### **Soft Diet Recommendations:**

- Mashed Potatoes
- Ice cream/Milkshake
- Applesauce
- Smoothies
- Yogurt
- Blended soups
- Broths
- Jell-O/Pudding
- Instant Oatmeal/Creamed cereals
- Scrambled Eggs
- Hummus
- Banana (mashed)
- Avocado
- Cottage Cheese
- Pasta
- Pancakes
- Popsicles

### **Foods to Avoid:**

- Spiced foods: may cause pain and irritation
- Crunchy/Crumby foods: foods like chips, pretzels and cookies can get lodged in the wound area and disrupt healing.
- Grains/Seeds (most): can also get lodged in the wound and disrupt healing
- Chewy foods: increases your risk of biting your cheek, especially when you are still numb immediately following surgery
- Alcohol and Carbonated beverages: may irritate the wound or interact with any prescribed medication

### **Please remember:**

- Do not use a straw for one week following your surgery as this will disrupt the clot
  - You must take at least two glasses of liquid with pain medication; Pain medication should not be taken on an empty stomach
  - Gradually return to your normal diet as tolerated
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