



## Post Surgery Dietary Suggestions

The following dietary suggestions have been prepared to aid you in selecting food following your dental and implant surgical procedure at Obeid Dental. A well-balanced diet based in palatable soft foods will ensure that you heal faster and feel better, without exposing the area to unnecessary trauma. **It is best to avoid overly warm foods for the first 24 hours after surgery since they may encourage bleeding. It is best to avoid spicy food and juices containing citric acid for at least 2 weeks.**

### SOFT FOODS:

**DAIRY:** Whole milk, skim milk, buttermilk, yogurt, eggnog, shakes, ice cream, nut milk

**SOUPS:** All soups, including vegetable, cream soups, and broths (no hot soup for the first 24 hours after surgery)

**EGGS:** In any form, especially softly boiled, poached or gently scrambled

**MEATS:** Ground meat or very tender, small pieces of any meat, avoiding the area of the surgery

**FISH:** Tuna, salmon, shellfish, and other soft fish in small pieces

**VEGETABLES:** Mashed potatoes, peas, squash or other vegetables, cooked softly

**FRUITS:** Bananas, applesauce, canned peaches or pears. Avoid fruits with citric acids (lemons and oranges, etc.)

**JUICES:** Apple, grape, etc., avoiding anything with a high concentration citric acid such as orange, tomato or grapefruit juices

### Additional Supplements:

During a time when caloric intake may be hindered by ability to chew, you may opt to supplement your diet. High protein supplements such as Carnation Instant Breakfast, Nutrament, Metracal, etc can be used in liberal amounts. Ready to drink protein smoothie and juice options that are not high in citric acid are also excellent options.

Post surgery, your ability to chew and your normal eating habits in general may be slightly impaired. You may want to consider the use of daily multivitamin and a time-release vitamin C tablet of 1000-1500mg to ensure that you are maintaining optimum health.