

EATING SUGGESTIONS FOLLOWING YOUR SURGERY

You can **promote faster healing** and **reduce post-operative complications** by preventing food particles from contaminating the surgical site. It is normal to experience some temporary discomfort and swelling for the first 7-10 days. Proper oral hygiene includes rinsing and brushing after every meal without causing pain or bleeding. We also suggest drinking plenty of fluids daily during your recovery period. **It is very important not to chew directly over the surgery site(s) for one month if you had teeth extracted and three to six months if you had an implant or bone graft placed.**

Food Suggestions for the First Several Days:

- Protein shakes (i.e. Ensure, Boost)
- Ice Cream (no fruit chunks or other small pieces of candy)
- Yogurt (no fruit chunks)
- Pudding
- Jell-O
- Milkshakes
- Applesauce
- Broth soups (i.e. tomato, chicken, beef)
- Puree baby foods
- Carnation Instant Breakfast
- Mashed potatoes (without skin)
- Mashed sweet potatoes (without skin)
- Soup with soft pasta
- Pancakes
- Soft cooked carrots
- Scrambled eggs
- Poached eggs
- Soft boiled eggs
- Soft breads (without crust)
- Creamy peanut butter & jelly sandwiches (no jam or preserves)
- Baked potatoes with butter and/or sour cream (without skin)
- Well-cooked pasta
- Rice noodles or egg noodles in sauce or broth