

50 SOFT FOODS TO EAT AFTER ORAL SURGERY

(Please note: this soft food list is only for the 1st and 2nd day post surgery. You may start chewing beginning the third day)

<ul style="list-style-type: none"> • Applesauce • Avocado • Baby food • Baked beans • Bananas • Biscuits – soaked or soft biscuits only • Bread – not toasted • Broth – warm, not hot • Cheesecake • Clams • Cold cereal – soaked • Cottage cheese • Custard • Salmon • Semolina • Sherbet • Smoothies –avoid nuts, seeds, or ice • Soups • Spaghetti • Tofu • Vegetables – steamed • Waffles – can be soaked • Yogurt 	<ul style="list-style-type: none"> • Deli meats • Eggs • Fish • Greek yogurt • Ground chicken • Hummus • Ice cream • Jello • Juice • Macaroni and cheese • Mangos • Mashed potatoes • Mashed vegetables • Meatballs • Meatloaf • Milkshakes – with a spoon • Mousse • Oatmeal • Popsicles • Pudding • Pumpkin • Sweetbreads • Tapioca • Tea 	<p>Dont's</p> <ul style="list-style-type: none"> • Do not drink alcoholic, caffeinated, carbonated, or hot beverages. • Do not eat spicy foods, as this can inflame and irritate the gums. • Do not eat or drink acidic food or beverages, as this can irritate the tissues and the recovering surgical site. • Do not smoke for at least 48 hours after the surgery, and stop smoking in general. Smoking releases toxins in the mouth that can irritate the delicate healing tissues.
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