

# SOFT FOOD TO EAT AFTER DENTAL SURGERY

Follow your dentist's or surgeon's post-op instructions to avoid the risk of infection. The food items listed below are safe to enjoy after wisdom tooth removal, oral surgery or any significant dental work.

Fish	Meatloaf
Tuna or Chicken Salad (no celery)	Deli Meats
Eggs	Tofu
Hummus	Oatmeal
Cottage Cheese & Soft Cheeses	Rice
Well Cooked Pasta	Beans
Mushy Peas	Well Cooked Vegetables
Soups and Soup Soaked Bread	Mashed Fruits (bananas, avocados, etc.)
Smoothies (avoid seeds)	Apple Sauce
Ice Cream	Milkshakes (use a spoon – not a straw)
Jell-O	Pudding
Yogurt	Popsicles

## Drink Plenty of Water

- **AVOID** caffeine, carbonated drinks, alcohol and hot beverages
- **DO NOT** drink from a straw for at least a week (*The sucking can dislodge clotting blood*)
- **AVOID** foods with seeds (*can stick in the wound area and/or dislodge blood clots*)
- **DO NOT** eat spicy foods (*can irritate the gums*)
- **AVOID** acidic foods (*can irritate the surgical site*)
- **DO NOT** smoke for at least 24 hours following tooth removal surgery

Reference: Art of Dentistry Institute

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