

## Mechanical Soft Foods Dental Surgery Post Opt

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### For All Dental Surgery Patients:

**Do not use straws, suck on anything, or smoke.** These actions cause negative pressure in your mouth, which can dislodge the blood clot that is keeping your wound closed, causing more bleeding, and delay your healing. It is important for you to keep your body's nutrients at an adequate level to help the healing process. Try not to skip meals or forgo meals

### For 2 days after surgery:

Drink liquids and eat soft foods only. Foods with smooth textures, easy to swallow, and require very little to no chewing. Avoid spicy and acidic foods.

**On day 3 after surgery:** Eat soft foods that only require minimal chewing and avoid tough or crunchy foods. Continue to avoid spicy and acidic foods. Meats can be minced or ground with extra gravy to make them easier to swallow. Avoid spicy and acidic foods, as well as nuts, seeds, and sticky foods. \*

Food Group	Recommended	Avoid
<b>Beverages</b>	Any lukewarm beverage with minimal texture or pulp (milk, juice, iced coffee, iced tea, nutritional supplements)	Alcoholic beverages Hot beverages
<b>Breads</b>	Soft Pancakes moistened with syrup or sauce Plain bread with no added nuts or hard textured grains	All others
<b>Cereals</b>	Cooked cereals with little texture, oatmeal.	Very coarse cooked cereals that may contain flax seed or other seeds or nuts.  Whole-grain dry or coarse cereals.  Cold cereals
<b>Desserts</b>	Pudding, Custards Soft Cakes Frozen malts, milk shakes, frozen yogurt, nutritional supplements, ice cream, sherbet, Gelatin	Dry, coarse cakes and cookies. Anything with nuts, seeds, coconut, pineapple, or dried fruit. Breakfast yogurt with nuts. Rice or bread pudding Chewy candy such as caramels or licorice.

<b>Fruits</b>	Soft drained, cooked, or canned fruits without skins or seeds Fresh Bananas (soft/ripe)	Whole Fruits (fresh, frozen or dried) Cooked fruits with skin or seeds
<b>Meat and Proteins</b>	Moistened ground or cooked meat, poultry, or fish. Serve all meats with extra sauce or gravy Moist macaroni and cheese, well-cooked pasta with meat sauce, Tuna noodle casserole, and soft lasagna. Tuna Salad or Egg Salad without large chunks of celery or onion. Cottage cheese Poached, scrambled, or soft-cooked egg. Tofu. Baked beans.	Dry meats, tough meats (such as bacon, sausage, hot dogs, bratwurst, hot wings).  Dry casseroles or casseroles with rice or large chunks.  Cheese slices and cubes.  Peanut butter.  Fried Foods  Sandwiches.  Pizza.
<b>Potatoes and Starches</b>	Well-cooked, moistened, boiled, baked, or mashed potatoes.  Well-cooked pasta in sauce.	Potato skins, shredded crisp hash browns and chips. Fried or French-fried potatoes. Rice.
<b>Soups</b>	Soups with easy-to-chew or easy-to-swallow meats or vegetables	Soups with chunky meat or vegetables
<b>Vegetables</b>	All soft, well-cooked vegetables. Vegetables should be less than 1/2 inch and should be easily mashed with a fork.	Broccoli, cabbage, Brussel sprouts, asparagus or other fibrous, non-tender or rubbery cooked vegetables