

Foods to Eat after Oral Surgery

It can take several weeks to fully heal after a tooth extraction. To support healing, it's important to follow an OMS-approved plan of what to eat. The mouth and gums will be very sensitive post-procedure, and while patients can build up a tolerance to more solid foods as time progresses, sticking to very soft or liquid options throughout your recovery will give the best results.

Foods to Consider

As recovery from oral surgery progresses, patients can begin to add semi-solid foods back into their diet, per their OMS's recommendations. Listed below are hearty and filling options that will put minimal stress on the mouth and gums:

- Oatmeal
- Mashed potatoes
- Scrambled eggs
- Very soft pastas
- Finely cut meats and fish
- Jell-O
- Ice cream
- Protein shakes
- Smoothies
- Cream soups

Regardless of diet, chewing near the extraction site should be avoided so as not to inflame the area. A high-calorie and high-protein diet is important to recovery. Maintain regular mealtimes to regain strength and further recover. After the fourth (4th) day, if food becomes lodged, it is important to rinse with warm salt water. Avoid over-the-counter mouthwash.



Foods to Avoid

While healing from oral surgery, there are foods and drinks that should be avoided. When planning a post-surgery diet, we recommend leaving foods such as these off the menu:

- Acidic fruits, such as oranges and tomatoes
- Carbonated drinks, including sodas and sparkling waters
- Hard seeds, nuts and popcorn
- Difficult-to-chew candies, such as taffy
- Spicy foods
- Hot drinks
- Foods with hard, sharp edges such as tortilla chips and crusty breads



Each of these foods has the potential to irritate gum tissue or otherwise complicate the healing process. Remember to avoid using straws during recovery. Sucking can prolong bleeding and potentially cause painful dry sockets.



Please contact us immediately with questions or concerns about post-op recovery.

Foods to Eat after Oral Surgery

Immediately following surgery, start with:



Milk



Juice



Popsicles



Water



Gatorade
dilute with water to reduce acidity

If you tolerate liquids, you may progress to soft foods/dairy products:



Ice Cream



Jell-O



Yogurt



Pudding



Milkshake



Soup



Supplement
Drinks

Once you are no longer numb, you may have soft foods that require minimal chewing:



Eggs



Macaroni
& Cheese



Pasta



Bananas



Mashed Potatoes

You can also cut your food into small bites and chew in the front of your mouth when you feel comfortable to do so:



Sandwich



Fish



Enchiladas



Lasagna

- Do not use a straw or eat/drink hot foods for 24 hours after your surgery as this could prolong bleeding.
- Drink fluids regularly to prevent dehydration. At least 5 to 6 glasses of fluid should be taken daily.
- High-calorie and high-protein intake is very important. Nourishment should be taken regularly.
- Try not to miss a single meal. You will feel better, have more strength, less discomfort and heal faster if you continue to eat.



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FOR AFTER-HOURS EMERGENCIES
713-428-6159