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## POST SURGICAL DIET

Easily chewable, soft foods are the ideal thing to eat after periodontal implant surgery, especially during the first few weeks. There are a large number of wonderful, soft and tender foods to pick from.

It is essential to combine protein and foods that are rich in fiber after oral surgery to provide proper nutrition for optimum recuperation. To get increased fiber from the foods you take in, you can prepare smoothies with fruit, and eat soft fruits like bananas or canned fruit. Brown rice, oatmeal or other whole grains may also be chosen, just as long as they are completely cooked. Protein can be gained in the form of cut up eggs, ground meats, fish, and dairy products or nutrition shakes. Staying hydrated is also important for prompt healing time. It is crucial to take correct care of your entire mouth after any type of dental procedure – especially implant surgery.

By properly selecting the foods you eat, you can often make eating simpler and enhance the success of your procedure at the same time. These are a quick list of suggestions that might just help:

- Brittle, sticky, and pointy or sharp foods should be avoided.
- Colder foods like smoothies, puddings, ice cream and sherbet will help with mouth pain, while pureed foods and drinks are much less of a bother to swallow, even after oral surgery.
- Eat foods cold or at room temperature. Hot foods can bother a tender mouth and healing gums.
- Cook foods until they are soft.
- Make use of a blender or food processor to puree your food.
- Cut foods into small pieces.
- Cook foods in sauces or liquids.
- Mix food with butter, gravies and sauces to make swallowing easier and less painful.
- Include sauces on vegetables.

### Liquid Food Ideas – Great for week #1

- Vegetable or Fruit Juice
- Toddler Breakfast Cereals or Rice Cereals thinned with Milk
- *Carnation Instant Breakfast* or *Slim Fast*
- Meal Replacement Drinks (*Boost Plus*, *Ensure Plus*, *Meal Cal Plus*)
- Milk, Soy Milk, or Almond Milk
- Smoothies or Milk Shakes, Yogurt Drinks, Eggnog, Buttermilk
- Hot Chocolate or Café Au Lait, *Ovaltine* or *Postum* made with Milk
- Strained or Blended Soups
- Iced Tea or Fruit Flavored Drinks such as *Kool-Aid*, Carbonated Drinks
- Popsicles, Sherbet, Ice Cream, Frozen Yogurt Bars

**These are some specific meal and food ideas:**

- Soft Casseroles such as Tuna Casserole, Tamales, Lasagna
- Meals with Eggs such as Scrambled, Poached Eggs, Quiche or Egg Salad
- Veggies mashed or pureed-mashed, such as Peas and Carrots or Baby Foods
- Rice Pudding
- Polenta
- Creamed Corn
- Hot cereals like Oatmeal, Grits and Cream of Wheat
- Soft Breads and Muffins (no crusts), Potatoes and Sweet Potatoes without skin
- Miso soup with Soft Tofu
- Pasta cooked to a more tender consistency
- Avocados, Asparagus, Peas, Carrots, Lima Beans, String Beans (All pureed or mashed)
- Jello
- Pound Cake (everyone's favorite!)
- Skinless Vegetables cooked to a very soft consistency or can be mashed, like Carrots or Cauliflower
- Canned Tuna or Chicken
- Meats that have been chopped or ground
- Foods cooked or simmered in liquids (ex: stews, hearty soups)
- Soft cooked Legumes with soft skins like Baked Beans
- Pureed or blended Soups and Sauces
- Ice Cream, pudding, or jello
- Protein Powder Shakes
- Peanut Butter – smooth (no nuts)
- Cold Cereal soaked in Milk
- Pancakes or French Toast with Butter and Syrup or Fruit Sauce
- Buttered Noodles with Parmesan Cheese
- Perogies with Sour Cream
- Egg Salad, Tuna Salad, Pate, Liverwurst, Guacamole, Hummus or Cream Cheese Spread on a slice of soft, crustless, Buttered Bread
- Fish – Poached or cooked in Sauce
- Baked or Broiled Fish
- Broiled or Stewed Chicken (finely chopped)
- Bread Softened with Gravy
- Meatloaf or Meatballs
- Soft Cooked Vegetables with a Cheese or Cream Sauce
- Melon, Avocado, Bananas
- Canned Fruit with Cottage Cheese
- Cream Pies or Sponge Cake with Custard Sauce
- Soft Boiled or Poached Eggs
- Hearty Broth-based Soups, Borscht, Congee, Cream Soups or Chowders (blended if necessary)
- Add Strained “Baby” Meats or Canned Fish to Soups, Sauces or Gravies
- Mashed Potatoes, Carrots, Turnips, Yams or Squash
- Creamed Corn or Blended Vegetables
- Cooked Puddings such as Tapioca, Rice, Bread or Custard
- Applesauce, Stewed, Mashed or Pureed Fruits
- Pureed Berries put through a Strainer to get rid of skins and seeds
- Cooked Fruits minus the seeds or skins such as Apples and Pears, Mashed or cut up Bananas
- Canned Cherries, Mandarin Oranges, Fruit Cocktail, Peaches, Pears, Soft ripe Blueberries, Guava, Papaya, Mango, Watermelon, Cantaloupe, Honeydew, Peeled Plum