



## **Diet List after Surgery, Bone Grafting and Implant Placement**

- 1) You must follow a strict diet after your surgical procedure to minimize the risk of problems and complications. Gums and bone that have received grafting and/or implants need time to heal and are not ready to use for chewing right away.
- 2) The initial healing period of 8 weeks is very critical to implant and bone graft success.
- 3) Recommended Diet
  - a. Well cooked fish, pasta and soft pieces of chicken and beef
  - b. Soups without tough meat
  - c. Canned fruits
- 4) Foods that are NOT allowed
  - a. Raw Vegetables and Fruits
  - b. Nuts
  - c. Chewy meats including big pieces of chicken and beef