



Diet List After Oral Surgery

- 1) You must follow a strict diet after your surgical procedure to minimize the risk of problems and complications. The gums and bone where the tooth or teeth have been removed need time to heal and are not ready to use for chewing right away.
- 2) Recommended Diet
 - a. Well cooked fish, pasta and soft pieces of chicken and beef
 - b. Soups without tough meat
 - c. Canned or soft fruits and vegetables
 - d. Protein shakes like Boost
 - e. Yogurt, applesauce, pudding, oatmeal
- 3) Foods that are **NOT** allowed
 - a. Raw Vegetables and Fruits
 - b. Hard taco shells, chips and pizza crust
 - c. Nuts and candy
 - d. Chewy meats including big pieces of chicken and beef