



## Diet List After 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 or soft fruits and vegetables
  - d. Protein shakes like Boost
  - e. Yogurt, applesauce, pudding, oatmeal
- 4) 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