

## Dietary Suggestions and Restrictions After Oral Surgery

As a general guideline, eat with the teeth not involved in the surgery. For example, if all four wisdom teeth are extracted, eat with your front teeth. If surgery affects only one side of the mouth, chew with the other side of your mouth. Avoid all foods that may get caught in the surgery sites (such as rice, nuts, popcorn, potato chips or berries with small seeds like strawberries or blackberries).

### Dietary Suggestions

#### Day One (Day of Surgery-beginning after surgery):

-Keep well-hydrated: Water, fruit juice, milk shakes, smoothies or Jamba juices (No strawberries because the small strawberry seeds can get stuck in the extraction sites—avoid anything that might have small seeds that can get stuck in extraction sites). Eat shakes with a spoon—do not use a straw—suction on a straw (even just slurping) may disrupt the blood clot and delay tissue healing.

-You may also have puddings (chocolate, vanilla), Jell-O, pureed soups (squash, potato, and tomato), clear broth, applesauce and ice cream or sherbet. In the evening you may have mashed white or sweet potatoes or a very soft plain tofu.

#### Day Two:

-Once again, keep hydrated.

-Today, you may add more soft foods to your diet: Eggs, pancakes, soft waffles, canned fruit (mandarin oranges, peaches etc.) or soft fruit (banana or avocado), oatmeal, cream of wheat, cottage cheese, macaroni and cheese and other types of pasta and soft noodles. You may have soft cooked veggies (squash, carrots, cauliflower). No rice because the rice grains can get stuck in the extraction sites.

Twenty-four hours after surgery you should now start gently brushing your teeth and rinsing your mouth with warm, dilute saltwater (1/2 teaspoon of table salt in a glass of warm water). Dr. Delmore may also have you use a prescription mouth rinse.

#### Day Three:

-Today you may add more solid foods to your diet such as: soft cooked meats (like baked chicken and fish), soft bean burritos with melted cheese (soft tortilla, no salsa), and soft bread (avoid chewing on crust).

### Dietary Restrictions: For six (6) weeks:

#### Avoid:

Rice, nuts, popcorn, seeds, granola, strawberries, blackberries, quinoa, polenta, couscous, barley, granola bars or any other chewy energy or protein bars, crunchy chips or crackers or anything else that may disrupt or get caught in the surgery site.

It is important to use common sense. If the food is small and you think that it might get caught in an extraction site do not eat it. Food trapped in the extraction site(s) increases the risk of infection and other complications.