

Foods to Eat After Dental Surgery

Soup – Tomato or pumpkin are tasty and easy to drink.

Broth – Chicken, beef or vegetable make a nice savory treat.

Spinach – Creamed or mashed. Helps raise iron levels so you heal faster.

Vegetables – Well cooked and mashed or blended (pumpkin, cauliflower or zucchini etc)

Cottage cheeses – Soft and full of protein

Clams – Smooth and creamy, go down easy.

Congee – A type of rice that can be mixed with a variety of flavors.

Eggs – Scrambled or poached with some soft melted cheese.

Tofu – Mash or cube it and mix with soy sauce or other flavoring.

Fish – Soft tuna or lox.

Rice – Make sure it's soft cooked.

Mashed Potato, Mushy Peas or Beans – Make sure to blend or mash all the lumps out.

Noodles/Pasta – Well cooked, soft and small pasta that does not require much chewing or slurping.

Macaroni & Cheese or Baked Beans & Spaghetti – Tinned and mashed are softest. – Make sure it's well cooked and soft.

Casseroles – Soft and well cooked casserole with plenty of liquid.

Meatloaf or Meatballs – Mashed up a little to avoid too much chewing.

Stew – Veggie stews cooked for an extended period in a slow cooker will be soft and savory.

Avocado and Bananas – Mashed plain or mixed with your preference.

Baby Food – If you want already made puree, baby food is not a terrible substitution.

Risotto, Polenta or Porridge – Make sure the grains are well cooked.

Soft pie, soaked Bread or Cookies – Soak cookies in milk or a hot drink and bread in soup.

Cheesecake (soft) – At least you can enjoy yourself a little during recovery.

Ice Cream, frozen yogurt or Sherbet – A great frozen treat to help relieve pain. Just avoid any that contain seeds or nuts.

Pudding, Custard, Tapioca, Mousse, Yogurt, Applesauce or Jelly/Jell-O – Soft and delicious.

Milk Drinks and smoothies – Mix up some fresh fruit, milk and ice cream in the blender. Just avoid any that contain seeds or nuts.

Tea – The tannin in tea helps reduce bleeding. In the first few days have it iced or warm, not hot.