

List of Foods To Eat After Dental Surgery, Implants, or Wisdom Teeth Extractions

- Applesauce
- Avocado
- Baby Food
- Baked Beans – mashed if necessary
- Black Beans – mashed if necessary
- Baked Apples
- Bananas
- Biscuits – flakey, soft or soaked to become soft



- Broccoli – steamed soft
- Broth
- Butternut Squash – cooked soft
- Carnation Instant Breakfast Drinks
- Carrots -steamed soft
- Casseroles
- Cheese
- Cheesecake
- Clams and clam chowder



- Cold Cereal – soaked in milk until soft
- Cottage Cheese

- Cake
- Canned Peas
- Crab Cakes
- Cranberry Sauce
- Cream
- Cream of wheat – maybe a little to grainy depending on the type of dental surgery.
- Crème Brulee
- Cupcake



- Custard
- Doughnuts
- Ensure
- Eggs (poached, fried or scrambled)
- Egg Nog
- Egg Noodles
- Egg Salad
- Fettuccine
- Fish
- Frozen Yogurt



- Fruit Juice
- Fruit Smoothies
- Fruit – soft or grind
- Gravy

- Grits – Maybe a little too grainy depending to the type of dental surgery.
- Ground Turkey
- Ground Beef/Pork
- Ground Chicken
- Guacamole
- Humus
- Ice cream
- Jell-O
- Juice vegetable
- Kefir
- Key Lime Pie
- Macaroni and cheese
- Malt-0-meal
- Mangos
- Mascarpone Cheese – Consider using it with soft scones (beat 1 (3 oz of cheese, 1 tsp powdered sugar, and 1 cup heavy whipping cream)
- Mashed potatoes
- Matzo Ball Soup
- Meatloaf
- Meatballs



- Melons (Very Ripe)
- Milk Shake – Avoid using a straw
- Miso Soup
- Mousse
- Muffins
- Oatmeal
- Pancakes
- Pasta



- Pies
- Polenta
- Pot roast with vegetables – cooked to falling apart
- Probiotics
- Protein Powder – can be added to any liquid meal for added energy and healing
- Pudding
- Ramen Noodles
- Refried Beans
- Ricotta cheese
- Risotto
- Rice
- Sandwich Meats
- Scrambled Eggs
- Sherbet
- Smoothies
- Soft bread – soak in soup
- Souffle



- Soup
- Sour Cream
- Spaghetti
- Spinach
- Steamed Vegetables
- Stew



- Sweet Potatoes
- Tapioca Pudding
- Tea
- Tofu
- Tuna Salad
- Waffles
- Yellow Squash
- Yogurt

Foods To Avoid Following Dental Surgery, Implants or Wisdom Teeth Extractions

- Tomatoes or tomato sauce – acidic and may burn or cause pain immediately after dental surgery
- Orange Juice – be cautious with OJ or any other acidic juices. They may cause burning or pain if ingested too soon after dental surgery.
- Seeds – anything seedy may get stuck in a surgery site and cause discomfort or get infected.
- Cracked Pepper – much like a seed this can get lodged and cause pain.
- Popcorn – the corn hulls can become lodged
- Spicy Foods – may lead to pain and discomfort
- Crunchy or Difficult to Chew Foods – these foods may interfere with the blood clotting following dental surgery
- Over-the-counter Mouth Rinse – it's not a food but patients commonly use mouth rinses such as Listerine or Scope following a dental surgery and it significantly interferes with healing so it's worth mentioning. Dentists will usually prescribe a safe mouth rinse, such as Chlorhexadine Gluconate (Peridex), following dental surgery.