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Post Op Food Intake List - Bob Ross

Apr 13, 2026

FOR ONE WEEK MINIMUM:

Avoid drinking through straws

Avoid extremely hot food or drinks

Avoid tomatoes or tomato sauce. These are acidic and may burn your healing tissue.

Avoid orange juice or other acidic juices. The acidity may burn your healing tissue.

Avoid spicy foods. These can burn healing tissue.

Avoid regular and tortilla chips

Avoid all nuts

Avoid anything seedy. Seeds may get lodged in extraction sites and cause pain or discomfort. For example, Cracked pepper, Popcorn, Sesame, Chia, Sunflower and Poppy seeds

FOODS YOU CAN EAT:

If you can eat it with a plastic fork and the fork does not break, then you

may eat that food more comfortably. Please follow this list until you feel symptom free from your procedure and/or the area feels more closed. If you have any questions do not hesitate to call the office.

Applesauce	Fruit - soft or mashed
Avocado	Gravy, waffles, yogurt
Baby Food	Ground Beef, Chicken, Pork or Turkey
Baked Beans- mashed if necessary	Guacamole
Black Beans- mashed if necessary	Hummus
Baked Apples	Ice Cream/Sherbert
Bananas	Jell-O
Beef- cooked in a crockpot and shredded	Macaroni & Cheese
Biscuits- flaky, soft or soaked to become soft.	Mashed Potatoes
Broccoli- steamed until it is soft in texture. Broth	Meatloaf/Meatballs - soft, not overcooked
Butternut Squash- cooked until a soft consistency	Melons- very ripe and soft
Carrots/Zucchini - Steamed until soft	Milk Shakes (No Straws!)
Cauliflower- Steamed until soft	Muffins (No Nuts)
Cheese- shredded or melted	Oatmeal
Cheesecake	Pancakes
Chicken- cooked in a crockpot and shredded	Pies (No Nuts)
Clam Chowder	Pot Roast - cooked in the crockpot until falling apart
Coffee (No Straws!)	Protein drinks/shakes(No Straws!)
Cold Cereal - soaked in milk until soft	Pudding
Cottage Cheese	Ramen Noodles
	Refried Beans

Cake/Cupcakes

Canned Peas

Crab Cakes

Cranberry Sauce

Custard

Eggs- poached, scrambled or fried

Egg Noodles

Fettuccine Alfredo

Fish

Frozen Yogurt

Fruit Juice(No Straws!)

Fruit Smoothies (No Straws!)

Ricotta Cheese

Rice

Salmon

Sandwich Deli Meat- sliced thin

Scalloped Potatoes

Soft Bread- soaked in soup to make soft,
if necessary.

Soups

Sour cream

Sweet Potatoes- mashed or baked until
soft

Tea (No Straws!)

Tofu

Tuna