

Suggested Post-Operative Diet Plan

A day-by-day nutrition guide to help patients heal comfortably

General Guidelines

- Stay hydrated, but no straws for at least 5–7 days (suction can dislodge the blood clot and cause dry socket).
- No hot foods/drinks for the first 24 hours — stick to room temperature or cool.
- Avoid alcohol, carbonated drinks, and spicy foods until cleared by your surgeon.
- Small, frequent meals (5–6 per day) are easier to manage than 3 large ones, especially while numb or swollen.
- Rinse gently with warm saltwater starting 24 hours post-op (after each meal), per your surgeon's instructions — don't swish hard.
- Avoid seeds, nuts, rice, grits, and quinoa in whole form (they can lodge in the extraction sites), but blended into a smoothie or soup is fine.

Day 1: No-Chew Diet

Patients are numb, possibly nauseated from anesthesia, and at highest risk of biting their cheek/tongue. Everything today should be spoonable or sippable—no chewing required.

Recipes:

Protein Power Smoothie

- 1 cup whole milk or plant milk
- 1 frozen banana
- 2 tbsp smooth peanut or almond butter (no chunks)
- 1 scoop vanilla protein powder
- Blend until smooth
- ~20g protein — great for tissue healing

Mashed Potato Bowl

- Instant or homemade mashed potatoes, extra butter and milk for a thin, smooth texture
- Stir in a spoonful of Greek yogurt for added protein

Creamy Tomato Basil Soup (cooled to lukewarm temperature)

- 1 can crushed tomatoes
- 1/2 cup heavy cream or coconut milk
- 1 tsp garlic powder, pinch of basil
- Simmer for 10 min, blend until smooth, then cool before serving

Very Berry Yogurt Blend

- 1 cup Greek yogurt
- 1/2 cup frozen berries, blended smooth and strained if needed to remove larger seeds
- Drizzle of honey

Chocolate Avocado Pudding

- 1 ripe avocado
- 2 tbsp cocoa powder
- 2 tbsp honey or maple syrup
- Splash of milk — blend until silky

Days 2–3: Soft Food, Minimal Chew

Swelling is often at its peak on days 2–3. Foods should require little to no chewing — think “mash with a fork,” not “bite and chew.”

Recipes:

Cheesy Scrambled Eggs

- 2 eggs, splash of milk
- Scramble soft and slow with shredded cheese melted in

Loaded Mashed Sweet Potato

- Baked sweet potato, mashed with butter and cinnamon
- Stir in a spoon of Greek yogurt

Soft Mac and Cheese

- Cook pasta a few extra minutes until it is very soft
- Stir in extra cheese sauce

Blended Broccoli Cheddar Soup

- Steam broccoli until it is very soft
- Blend with a splash of broth and shredded cheddar until creamy

Banana Oat Pancakes (blend batter smooth, cook soft, no crispy edges)

- 1 ripe banana
- 2 eggs
- 1/2 cup rolled oats — blend until smooth, cook on low heat as small soft pancakes

Tuna or Chicken Salad, Finely Mashed

- Canned tuna or shredded rotisserie chicken
- Mash finely with mayo and avocado; eat with a spoon

Days 4–7: Transitioning Back to Normal

If any tenderness remains, resume chewing gently on the opposite side. Introduce textures gradually.

Recipes:

Soft Turkey and Cheese Roll-Ups

- Sliced deli turkey and cheese, rolled up
- Cut into small soft pieces

Baked Ziti (soft-cooked pasta)

- Standard baked ziti
- Cook pasta a bit past al dente

Well-Cooked Scrambled Egg & Cheese Wrap

- Scrambled eggs and cheese
- Soft flour tortilla, warmed until pliable

Soft Fish Tacos

- Flaky baked white fish
- Soft tortilla, mashed avocado, shredded cheese
- Skip raw cabbage/seeds until day 7+.

Fruit and Yogurt Parfait

- Yogurt, soft fruit, soft blended oats
- No granola with nuts/seeds until fully healed.

Foods to Avoid Until Fully Healed

- Popcorn, chips, crackers, hard pretzels
- Nuts, seeds, and anything with visible seeds (strawberries, whole grain bread with seeds)
- Rice or quinoa (blended into soup is fine)
- Crusty bread, bagels
- Spicy or acidic foods (citrus, hot sauce)
- Carbonated and very hot beverages (~7–10 days)
- Chewing gum or sticky candy



50 Soft Food Ideas

Use the options below to build easy and nutritious meals while healing.

Soft

1. Avocado
2. Baked fruit/vegetable (e.g., peach, squash; no berries)
3. Breads/buns dipped in sauce or gravy
4. Pulled meats (pulled pork, chicken, etc.)
5. Peanut butter and jelly sandwich (no seeds)
6. Crescent rolls
7. Eggplant with melted cheese
8. Baked/poached fish — beware of bones
9. French toast
10. Hash browns (softened)
11. Loaves/breads made from bananas
12. Muffins—moist and smooth, not chunky
13. Oatmeal
14. Pancakes
15. Pasta
16. Mac n' cheese
17. Baked beans
18. Sloppy Joe's/Chili
19. Soft cheese tacos or tamales
20. Tofu
21. Toast or baby cookies dipped in tea or milk
22. Vegetables—cooked, mashed or pureed
23. Cheesecake
24. Egg Salad (finely mashed)
25. Casseroles
26. Banana Pudding

Softer

27. Applesauce
28. Mashed Bananas
29. Broth
30. Cottage/Ricotta cheese
31. Creamed soups
32. Cream of Wheat
33. Steamed Eggs
34. Fruit juices (store-bought or homemade) without pulp/seeds)
35. Guacamole
36. Hummus
37. Ice cream
38. Jello
39. Liquid meal replacements (Glucerna, Ensure, Protein Shakes)
40. Milkshakes
41. Sauteed/Creamed spinach
42. Potatoes (Mashed)
43. Refried beans
44. Rice pudding
45. Sherbets
46. Custard
47. Smoothies
48. Stews
49. Yogurt
50. Mashed Sweet Potatoes

Thank you for allowing us to care for you! We wish you a smooth and speedy recovery!

This guide is for general educational purposes and does not replace personalized instructions from your oral surgeon. Always follow your surgeon's specific post-op guidelines.