

Dental Implant Recovery Diet Checklist

Foods You CAN Eat (Week 1-2)

- Smoothies & protein shakes
- Yogurt, pudding, applesauce
- Mashed potatoes, soft pasta
- Scrambled eggs, lukewarm soup
- Ice cream / sherbet
- Cottage cheese & soft cheeses
- Cooked vegetables (mashed)

Foods to AVOID (First 2 Weeks)

- Nuts, chips, popcorn, seeds
- Tough meats or steak
- Crusty bread, pizza crust
- Very hot, spicy, or acidic foods
- Sticky candies or chewing gum
- Alcohol and carbonated drinks

Oral Hygiene Instructions for Optimal Healing

Keeping the implant area clean is critical for preventing infection.