

FOODS TO AVOID AFTER TOOTH EXTRACTION

Patient Recovery Checklist

Patient Name:

Date of Procedure:

First 24 Hours – Protect the Blood Clot (Highest Dry-Socket Risk)

- No hot foods or drinks (coffee, tea, soup, cooked meals)
- No straws – drink straight from the cup
- No alcohol or carbonated drinks
- No smoking or vaping
- Eat only on the opposite side of your mouth
- Keep head elevated when sleeping

Days 2–7 – Foods to Strictly Avoid

Hard & Crunchy Foods

- Nuts and seeds
- Chips, crackers, pretzels
- Raw vegetables (carrots, celery, broccoli)
- Popcorn
- Hard candy or ice
- Toast with hard crusts
- Granola and whole-grain cereals

Sticky & Chewy Foods

- Caramel, taffy, gummy candies
- Chewing gum
- Dried fruits
- Peanut butter
- Bagels and chewy breads

Spicy & Acidic Foods

- Hot sauce, salsa, spicy seasonings
- Citrus fruits/juices (orange, grapefruit, lemon)
- Tomatoes and tomato sauce
- Vinegar-based dressings
- Pickles
- Pineapple

Foods Requiring Excessive Chewing

- Tough meats (steak, jerky)
- Raw apples
- Corn on the cob

What You CAN Eat (Soft Foods Checklist)

- Yogurt & smoothies (spoon only)
- Mashed potatoes with gravy
- Scrambled eggs
- Lukewarm broth or pureed soup
- Applesauce
- Cottage cheese
- Cooled oatmeal
- Protein shakes
- Soft pasta with mild sauce
- Pudding & gelatin
- Ripe bananas

Pro Tip: Focus on nutrient-dense, easy-to-swallow foods to speed healing.

7-Day Post-Extraction Meal Plan

Day 1

- Greek yogurt with honey
- Lukewarm cream of chicken soup
- Applesauce
- Mashed potatoes & scrambled eggs
- Protein shake & pudding

Day 2-3

- Cooled oatmeal with mashed banana
- Cottage cheese & soft avocado
- Lukewarm broth
- Soft pasta with butter
- Smoothie bowl & gelatin

Day 4-5

- Soft pancakes & scrambled eggs
- Well-mashed tuna salad
- Cooked sweet potato
- Baked flaky fish
- Mashed cauliflower
- Ripe pear & soft cheese

Day 6-7

- Soft French toast & banana
- Soft sandwich with tender chicken
- Cooked vegetables
- Ground beef with soft rice
- Fresh melon & soft cookies

When to Call Alta Loma Dental Care Immediately

Contact us at (909) 987-6268 if you experience:

- Severe pain that worsens after 3–4 days
- Excessive bleeding that won't stop after 30 minutes of pressure
- Fever over 101°F
- Swelling that increases after 72 hours
- Visible bone in the socket or foul odor/taste
- Pus, discharge, or loose stitches
- Difficulty breathing or swallowing

Questions? We'd rather answer now than have you suffer later.