

Post-Dental Procedure Recovery Checklist

Foods to STRICTLY AVOID

- Nuts, seeds, popcorn, chips, pretzels
- Hard or crunchy foods (raw veggies, toast, crusty bread)
- Sticky foods (caramel, gummy candy, dried fruit, chewy meat)
- Spicy foods
- Acidic foods/drinks (citrus, tomatoes, soda, orange juice)
- Very hot foods or beverages
- Using a straw
- Alcohol and tobacco
- Chewy or tough meats

Safe Soft Foods to Eat

- Greek yogurt or plain yogurt
- Smoothies / protein shakes (no chunks)
- Mashed potatoes or sweet potatoes
- Scrambled eggs
- Lukewarm soups or broths
- Applesauce or mashed bananas
- Cottage cheese
- Soft pasta or macaroni & cheese
- Mashed avocado
- Pudding, Jell-O, or soft ice cream
- Oatmeal or cream of wheat
- Soft-cooked, mashed vegetables

Daily Recovery Habits

- Drink plenty of water
- Eat small, frequent soft meals
- Rinse gently with warm salt water (after 24 hrs)
- Take prescribed medications
- Keep head elevated when sleeping
- Avoid touching the surgical site
- Rest for 48-72 hours