

# Preoperative Preparation

After your surgery, you will need a soft diet for 7 days. These soft foods will help your mouth recover more quickly and easily.

## Soft Foods to Eat

- Juices: apple, berry, prune
- Vegetable juices
- Herb tea
- Jello
- Applesauce
- Soft fruits: bananas, pears, peaches
- Canned fruit: peaches, pears
- Canned vegetables: creamed corn
- Eggs
- Mashed potatoes
- Fish
- Well cooked beans: lentils, kidney
- A variety of soups: chicken broth, beef broth
- Tofu
- Instant cereals: cream of wheat, Malt-o-meal, instant rice

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## After 24 Hours

- Ice Cream
- Yogurt
- Pudding
- Milk Shakes
- Instant Breakfast/Protein Shakes
- Cottage Cheese

All mouth motions should be gentle for the next 7 days. **No** vigorous spitting while rinsing your mouth, **No** sipping from straws, **No** sucking ice chips or hard candies, and **No Smoking**. \*All these motions pull and tug at your incision, disturbing healing tissues in your mouth. Doing so slows your recovery and could possibly lead to a painful dry socket.

## Foods to Avoid

- No foods or juices high in citrus: orange, grapefruit, pineapple
- No spicy foods
- No pizza
- No chips
- No crispy tacos
- No bagels
- No raw carrots or apples
- No popcorn
- No nuts, seeds, or grains
- No dried fruits or chewy candy