



ALASKA PERIODONTICS AND IMPLANT SURGERY

POST SURGICAL NUTRITION GUIDE

Please follow the soft food diet outlined below, taking care to avoid the surgical the surgical area when chewing.



Beverages: water, warm coffee, tea, cocoa, broths, soups, vegetable juice, fruit juice, milkshakes, and protein drinks



Proteins: soft proteins are a good source of nutrition like salmon, halibut, tuna or any blended pureed meats, scrambled or soft-boiled egg.



Dairy: yogurt, cottage cheese, ice cream, ice cream, milkshakes, sherbet, and puddings.



Vegetables: soft, boiled, steamed or pureed vegetables or vegetable juices.



Fruits: apple sauce, fruit juice, or pureed fruits avoiding fruits with seeds.



Starches: mashed potatoes, sweet potatoes, noodles, macaroni and cheese, bread and gravy, cereal like grits, cream of wheat, and oatmeal.



Desserts: jello or pudding

Things to avoid : sticky, hard, brittle, spicy, acidic, seasoned or hot foods, fruits with seeds, drinking through a straw, and alcohol. Be sure to maintain adequate nutrition and drink plenty of fluids.