



Information and Suggestions for Soft-Food Diet

Your periodontist recommends that you follow a soft food diet for one week following treatment in order to prevent complications with your surgical site.

It is important to maintain a balanced diet. Eat soft foods 4 times a day and drink fluids often. Do not use straws for the first 24 hours as they can prevent a clot from forming over the surgical site. Below are some recommended foods and some to avoid. Please contact our office if you have any questions.

Recommended Food

Liquid: Water, milk, natural fruit juice, vegetable fruit cocktail, Ensure, Boost, prepared instant breakfast mix

Pasta: Overcooked Kraft Dinner, overcooked soft shell pasta, cheese ravioli, chopped spaghetti with plain tomato sauce

Fish: Fish with no bones mixed with mayo

Cereals: Cream of wheat, porridge, oatmeal, Puffed Rice or Rice Krispies soaked in milk

Fruits: Bananas, avocados, canned fruits drained and blended, applesauce

Vegetables: Steam or microwave until very soft

Potatoes: Baked, boiled, mashed, chopped up, scalloped (to preserve nutrients, peel after cooking)

Eggs: Scrambled, boiled

Sweets: Custard, sherbet, ice cream, pudding, Jello-O, yogurt, tropicana, mousse, milkshakes, fruit smoothies

Other: Tofu, cottage cheese, chicken salad, soup broth

Food to Avoid

- Any hard to chew food
- Spicy food
- Rice: can be scratchy and hard to swallow
- All raw vegetables
- Cooked vegetables with large seeds or tough skin
- Beans: as part of their skin tends to get stuck in teeth
- Fruits with skin, seeds, or pits
- Dried fruits
- Whole grain bread
- Crackers (unless soaked in soup broth)
- Fried potatoes
- Any product with nuts and/or seeds
- Bacon
- Fish with bones
- Popcorn, potato chips, candies, gum
- Peanut butter, molasses, caramel spread and honey, as they are all sticky

