

Recommended Foods to Eat After Oral Surgery



After your surgery, we recommend a **blenderized/puréed diet** for 7 days. These foods will help your mouth recover more quickly and easily.

Savory

Avocado half filled w/
hummus
Mashed Cauliflower
Creamed Spinach
Mashed Potatoes
Avocado Slices
Poached Eggs
Scrambled Eggs
Refried Beans
Tomato Soup
Deviled Eggs
Egg Salad
Mashed Potatoes
Chicken or Beef Broth

Sweet

Sherbet
Cheesecake
Jello
Ice Cream
Sliced Bananas in Cream
Lemon Meltaway Cookies
Soft Goat Cheese w/
Honey
Pumpkin Pie (Skip the
Crust)
Applesauce
Pudding
Yogurt
Milk Shakes
Instant Breakfast/Protein
Shakes

It is **very important** you only eat foods that are blended and puréed which require no chewing. (Basically, a burrito, pizza, or burger can be blenderized and puréed.)



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