

Ali Alijanian, DDS
Diplomate, American Board of Oral and Maxillofacial Surgery

Post-operative Food Recommendations

Day One – Cold blended/Puree foods

Clear liquids are recommended as soon as possible following surgery. This includes: Water, apple juice, white grape juice, yellow/green Gatorade, and cold tea.

If the patient handles clear liquids well, they may begin to eat cold foods such as: Jell-O, pudding, plain yogurt, ice cream, milk shakes or smoothies (without seeds or nuts).

Take prescribed or over the counter pain medication to control swelling.
(Do not use a straw for 48 hours after surgery)

Day Two – Soft foods (the day following surgery):

A soft food diet is recommended and today you can gradually get into the warmer foods.

Well-cooked pasta, mashed potatoes, macaroni and cheese, soft fish/chicken, and foods that are soft in texture that can be smashed with a fork are suggested.

Continue to take prescribed or over the counter pain medication to control swelling.

Food & Drinks to be avoided include: spicy foods, hard or chewy foods (chips, cracker, popcorn, ice) and acidic foods/drinks such as orange juice, lemonade. Avoid any food or drinks that have small particles such as seeds or broccoli florets, rice and ground beef that may get trapped in the sockets and cause irritation.

****The patient should remain on this soft food diet for 5-7 days after surgery.**

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