

TRUE TEETH FOOD LIST

Patients who are well prepared for their procedure usually have a smoother recovery. We advise the patient to plan ahead and buy soft food items prior to coming in for their surgery. Directly after surgery, begin with clear fluids like juice, broth or tea. From there, you can slowly progress to more substantial foods like applesauce or soft pasta. Remember, it is important to maintain nutrition for optimal healing to occur.

FOOD TO EAT AFTER TRUE TEETH PROCEDURE:

- Hearty Soups (cream of mushroom, lentil, minestrone, split pea)
- Juice (cranberry, apple, grape - avoid citrus)
- Herbal Tea
- Jell-O
- Yogurt (regular or frozen)
- Cottage Cheese
- Pudding/Custard
- Soft Fruit (banana, papaya, canned peaches or pears)
- Applesauce
- Popsicles/Ice Cream
- Milkshakes (NO STRAWS)
- Fresh Cooked Soft Vegetables
- Fruit Smoothies/Protein Shakes

- Oatmeal/Cream of Wheat
- Eggs (scrambled, soft boiled, omelettes)
- Mashed Potatoes
- Soft Pasta
- Ground Beef
- Fish (soft white fish, sole, trout, snapper)

FOODS TO AVOID AFTER TRUE TEETH PROCEDURE:

- Spicy Foods
- Acidic Foods
- Chips
- Nuts
- Pretzels
- Ice
- Hard Candy
- Bagels
- Hard Bread
- Steak
- Apples

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