

DIETARY SUGGESTIONS

FOLLOWING

PERIODONTAL SURGERY

PS
Periodontal Specialists, PA.

SUGGESTED DIET FOLLOWING PERIODONTAL SURGERY

One of the questions most asked by our patients is “What can I eat after surgery?” In an effort to help you we’ve compiled the following suggestions for you. Please remember eating well will make you feel better and will aid your healing. If enough calories are not consumed protein will be used for energy rather than for repairing your tissues. Do not try to lose weight during the post operative period because this may delay healing.

BREADS AND CEREALS

Soft white and whole wheat bread, dry cereals soaked in milk, hot cereals such as cream of wheat/rice and malt-o-meal, crackers soaked in soup or milk, pastas and macaroni, rice, and pancakes are all good to eat during the healing process.

FRUITS & VEGETABLES

All soft cooked canned vegetables, such as creamed corn, winter squash, are excellent during healing. Potatoes, both white and sweet, are also good choices. Also acceptable are bananas, canned fruits such as peaches and pears, apple sauce, and ripe melons.

MEATS, FISH, AND EGGS

Ground beef, chicken, white fish (such as Orange Roughy, canned tuna, peanut butter, soft boiled eggs and plain or cheese omelets provide needed protein.

MILK/DAIRY

Milk, cocoa, yogurts, mild cheeses, cottage cheese, and cheese soups are very good ways to get needed calcium.

A good idea might be instant breakfast mixes or sport shakes. Gelatin, fruit ice, ice creams, milk shakes, malts (use a spoon not a straw), sherbets, popsicles, pudding, pudding pops, frozen fruit bars, etc. may fill the need for those with a “sweet tooth”. **NOTE:** Frozen treats may not be a good idea for those people who experience temperature sensitivity.

LIQUIDS

An adult should consume eight glasses of fluid each day. Use water, fruit juice, and vegetable juices when possible to limit drinks that only supply empty calories such as pop, artificial fruit drinks, kool-aid etc. Fruit and vegetable juices such as prune, peach, pear, pineapple, apple, tomato and apricot are all acceptable sources of nutrition.

NOTE: Citrus juices may cause discomfort in the surgical site, but rinsing with water should eliminate the discomfort.

NOTE: Drinks containing alcohol should be avoided when using any medications.

ADDED TIPS

* If you have temperature sensitivity it may be best to avoid all foods and drinks which are at the extremes of hot and cold.

* Be careful with nuts, fruit skins, and crusts on bakery products.

* Alcohol and tobacco products are both irritants to healing tissue and will delay healing! Smoking during the post-operative period is highly discouraged.

We hope these suggestions will help you to choose a variety of foods and beverages that you will enjoy and will enable you to heal after surgery more quickly. Remember, you will feel better, have greater strength, and heal faster if you continue to eat well.