

Food Suggestions Following Oral Surgery

On day of surgery (post-op) No straws
No hot temperature foods (warm, cool or cold is OK)
No sauces or spicy foods

- Apple Juice
- Water
- Milk
- Coffee
- Tea
- Yogurt
- Cooked Cereals (oatmeal, cream of wheat, farina)
- Soft boiled eggs
- Scrambled eggs
- Milk toast
- Applesauce
- Home cooked broth
- Bouillon
- Soups
- Ground beef
- Baked or boiled fish
- Broiled, boiled or steamed chicken (finely chopped)
- Macaroni and cheese
- Well-cooked pasta (with butter, no sauce)
- Bread, softened with gravy
- Baked or mashed potatoes
- Asparagus
- Peas
- Carrots
- Lima beans
- String beans (all mashed)
- Cottage cheese
- Canned Bartlett pears
- Jell-O or pudding
- Pound cake
- Milkshakes or ice cream

Starting the day after surgery, you can eat whatever is comfortable for you