



MOUNTAIN TOP
periodontics & implants

**8000 E. Prentice Ave. Unit D7
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POST-OPERATIVE DIET INSTRUCTIONS

1. For the first three days try to keep on a liquid-only diet to allow the best healing. Anything that can be placed in a blender to drink is ideal. The purpose of this is to protect the blood clot that is acting as a “band-aid” between your gum and teeth. It will also help the sutures to stay in place if used. Do not drink your liquids through a straw, as this creates a vacuum in your mouth that can disturb the blood clot.
2. Take daily vitamins.
3. Try to stay on a higher protein diet even if supplemental protein powder needs to be added to any smoothie or shake that you prepare.
4. At the fourth day foods with a “mushy” consistency can be used (see list below).
5. At 7-10 days after treatment, soft foods are allowed. Soft foods have the consistency of pasta, fish, chicken, and steamed vegetables. You should gradually add back foods to your diet. Be cautious.
6. For 1 month, **DO NOT** chew gum, eat candy, popcorn, cookies, chips, nuts, bread with a hard crust, croutons, anything with seeds, apples, raw carrots, or anything that would be considered hard or crunchy. Try to avoid shredded meat that may lodge in between your teeth.
7. Diet Suggestions:
 - Daily vitamins.
 - Cream of wheat, oatmeal, malt-o-meal.
 - Mashed potatoes (ok with butter/sour cream).
 - Mashed bananas.
 - Mashed avocados (guacamole).
 - Applesauce or any mashed/blended fruit other than those with seeds.
 - Broth or creamed soups.
 - Steamed vegetables.
 - Mashed yams, baked sweet potato or butternut squash.
 - Cottage cheese/soft cheese.
 - Creamy peanut butter.
 - Eggs any style with or without melted cheese.
 - Omelets with cheese and avocado.
 - Jell-O, pudding, ice cream.
 - Yogurt.
 - Milkshakes and smoothies.
 - Ensure, Slim-fast or other nutritional protein drinks.
 - Soups with very small pieces of meat and/or cooked vegetables (at a temperature at or below 105°F).
 - Peanut butter and jelly sandwiches (no seeds in the jam or jelly).

**IF IN DOUBT, CONTACT US! Office: (303) 740-0080. Dr. Weaver Cell: (303) 549-8693
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