



MOUNTAIN TOP

PERIODONTICS & IMPLANTS

3920 N Union Blvd Suite 380
Colorado Springs, CO 80907
Phone 719-594-0091
info@myperiocare.com

Diet Instructions After Surgery

Dear Patient:

1. Anything that can be placed in a blender to drink is ideal. Do not drink your liquids through a straw for 2 weeks, as this creates a vacuum in your mouth that can disturb the blood clot
2. Eat only COOL, SOFT FOODS AWAY from the surgical site for 3 days. You should try to maintain a liquid to ULTRA-SOFT diet for at least 3 days following surgery ("Off the Spoon diet"). Soups can be eaten, but should be cool to warm only. Temperatures of foods should be 105°F or below for the first 2 weeks.
3. Take daily vitamins.
4. 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.
5. At the fourth day foods with a "mushy" consistency like mashed potatoes, scrambled eggs, cream of wheat etc can be added back into your diet.
6. 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.
7. For 6 weeks, 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. Diet restrictions will be updated at 2-3 week post operative check.
8. Diet Suggestions:
 - a. Daily vitamins.
 - b. Cream of wheat, oatmeal, malt o meal.
 - c. Mashed potatoes (ok with butter/sour cream).
 - d. Mashed bananas.
 - e. Mashed avocados (guacamole).
 - f. Applesauce or any mashed/blended fruit other than those with seeds.
 - g. Broth or creamed soups.
 - h. Steamed vegetables.
 - i. Mashed yams, baked sweet potato or butternut squash.
 - j. Cottage cheese.
 - k. Soft cheese.
 - l. Creamy peanut butter.
 - m. Eggs any style with or without melted cheese.
 - n. Omelets with cheese and avocado.
 - o. Jell-o, pudding, ice cream.
 - p. Yogurt.
 - q. Milk shakes.
 - r. Smoothies.
 - s. Ensure, Slim-fast or other nutritional protein drinks.
 - t. Soups with very small pieces of meat and/or cooked vegetables (at a temperature at or below 105°F.)
 - u. Peanut butter and jelly sandwiches (no seeds in the jam or jelly).

IF IN DOUBT PLEASE CONTACT US! Office: 719-594-0091. Dr. Adam Weaver Cell: 303-549-8693 Or Dr. Kearny Chang Cell: 626-344-2528 (please leave a message or text if there is no answer).