

## INSTRUCTIONS FOR DIET FOLLOWING IMPLANT SURGERY

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After surgery, drink plenty of cool fluids, such as water, fruit juice, or soda. Avoid hot foods and drinks for at least one full day.

Do not eat until after the local anesthetic has worn off, as you may unknowingly bite yourself. A soft diet is recommended for the first week after surgery. Chop food into smaller pieces or use a blender.

Throughout the healing period, a nutritious diet is important to your comfort, temperament, and healing. Patients who maintain a good diet of soft foods generally feel better, have less discomfort, and heal better.

A daily multiple-vitamin is also recommended.

Food supplements such as Metrecal, Nutrament, Ensure, Enrich, Sego, Instant Breakfast, etc., may be helpful. Please avoid acidic foods such as tomatoes, peppers, and citrus fruits, as well as highly seasoned foods. Also avoid hard foods, which require heavy biting pressure for chewing.

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### Breakfast

Apple juice, water, milk, coffee, tea  
Yogurt, cooked cereals (such as oatmeal or Cream of Wheat)  
Scrambled eggs, cottage cheese, milk toast, applesauce

### Lunch and Dinner

Home-cooked broth, bouillon soups  
Ground beef, baked or broiled fish, broiled or stewed chicken (finely chopped)  
Macaroni and cheese, scrambled eggs, bread softened with gravy  
Baked or mashed potatoes  
Asparagus, peas, carrots, lima beans, string beans (all mashed)  
Cottage cheese, canned Bartlett pears  
Jell-O, puddings, pound cake  
Milkshakes, and ice cream