

50 Foods to Eat After Dental Surgery

After having teeth removed, it can be difficult to find foods that are filling and fulfilling while still being soft and easy to eat. It's important to eat what you feel comfortable with and to keep in mind people heal at different rates following surgery. Also remember not to use a straw, either, as it can remove the forming blood clots in your gums.

Here is a list of some of the soft foods and liquids you can add to your diet following dental surgery! Enjoy!

1. **Applesauce** – Cook apples till tender and blend or store bought. You can also try apricots and peaches.
2. **Avocado** – Mashed plain or mixed with your preference.
3. **Baby Food** – If you want already made puree, baby food is not a terrible substitution.
4. **Baked Beans & Spaghetti** – Tinned and mashed are softest.
5. **Bananas** – Mash up well and eat with yogurt or some milk.
6. **Broth** – Chicken, beef or vegetable make a nice savory treat.
7. **Casseroles** – Soft and well cooked casserole with plenty of liquid.
8. **Cheesecake** (soft) – At least you can enjoy yourself a little during recovery.
9. **Cheeses** – Soft or melted cheese.
10. **Clams** – Smooth and creamy, go down easy.
11. **Congee** – A type of rice porridge that can be mixed with a variety of flavors.
12. **Couscous/Semolina** – Well cooked and can be eaten as a sweet or savory.
13. **Cottage Cheese** – Plain or mixed with veggies.
14. **Custard** – Make it fresh or buy already made.
15. **Dips** – French onion, hummus & guacamole (to name a few) are great on their own or for adding some taste to other plain foods.
16. **Eggs** – Scrambled or poached with some soft melted cheese.
17. **Fish** – Soft tuna or lox.
18. **Ice Cream** – Or frozen yogurt in your favorite flavor. **Just avoid any that contain seeds or nuts.**
19. **Jelly/Jell-O** – Soft and easy to eat.

20. **Juice** – Fresh squeezed fruit/vegetable juice or vitamin based juice.
21. **Macaroni & Cheese** – Make sure it's well cooked and soft.
22. **Mashed Potato** – Make sure to blend or mash all the lumps out.
23. **Meatloaf or Meatballs** – Mashed up a little to avoid too much chewing.
24. **Milk Drinks** – Sustagen, or flavored milks.
25. **Noodles/Pasta**– Small or flat soft pasta that does not require much chewing or slurping.
26. **Nut Butter** – Peanut, almond or cashew, well ground to avoid small pieces lodging in open gums.
27. **Oatmeal** – Mix in your favorite flavorings including honey, syrup or some mashed banana.
28. **Pies** – Soft vegetable and pastry pies are delicious, or you can simply scoop out the filling if the pastry is too hard to deal with.
29. **Polenta** – Type of cornmeal that you can boil into a porridge and eat directly.
30. **Pudding** – Chocolate or fruit.
31. **Ramen Noodles** – A quick and easy noodle broth soup.
32. **Risotto** – Make sure the rice is well cooked.
33. **Mousse** – Strawberry or chocolate.
34. **Mushy Peas/Beans** – Or refried beans.
35. **Rice** – Make sure it's soft cooked.
36. **Sherbet** – A great frozen treat to help relieve pain.
37. **Sloppy Joe** – Without the bun.
38. **Soup** – Tomato or pumpkin are tasty and easy to drink.
39. **Smoothies** – Mix up some fresh fruit, milk and ice cream in the blender.
40. **Soaked Bread/Cookies** – Soak cookies in milk or a hot drink and bread in soup.
41. **Spinach** – Creamed or mashed. Helps raise iron levels so you heal faster.
42. **Stew** – Veggie stews cooked for an extended period in a slow cooker will be soft and savory.
43. **Sweet Breads** – Like soft doughnuts, muffins or cupcakes.
44. **Sweet Pies** – Key lime or pumpkin (to name a few).
45. **Tapioca** – You can make it up from scratch with your favorite juice.
46. **Tea** – The tannin in tea helps reduce bleeding. In the first few days have it iced or warm, not hot.
47. **Tofu** – Mash or cube it and mix with soy sauce or other flavoring.
48. **Vegetables** – Mash or blend pumpkin, potato, cauliflower or zucchini.
49. **Waffles** – Softened with juice or milk if needed.
50. **Yogurt** – Avoid any that have seeds such as berry or passion fruit flavors.