

Recommended Food List

On the day of surgery, begin with cool, clear fluids (**no carbonated liquids or sucking through a straw for the first 72 hours**) then very soft foods and progress slowly to more substantial foods. Good nutrition **must be** maintained following oral surgery, even if mouth soreness and/or jaw stiffness are present. Since you will be taking medication, it is important to remember that eating can prevent nausea sometimes associated with some of the prescribed medications. The food selection is largely a matter of your choice, however we suggest the following for the **first few hours** after surgery:

Herbal Tea	Cranberry Juice	Water (the more the better)
Jell-O	Gatorade	Boullion
Apple Juice	Kool-Aide	Yogurt (soft or frozen)
Cottage Cheese	Pudding/Custard	Soft Fruits (banana, papaya, canned pears)
Applesauce	Popsicles	Steamed vegetables
Protein Shakes	Eggs	Oatmeal/Cream of Wheat
Mashed Potatoes	Mac & Cheese	Soft Cooked Meats (fish, chicken, ground beef)

Please avoid the following foods the first 7 days after your surgical procedure.

Spicy Foods	Foods that are difficult to chew.	French Bread and Baguettes
Alcoholic Beverages	Popcorn & Chips (avoid for a month)	

For post surgical friendly recipes, visit [pinterest.com/carolinaoral](https://www.pinterest.com/carolinaoral) and click on the board titled "Food for After Extraction". There is no reason to avoid your favorite foods if you are comfortable while eating them. Return to your regular diet as soon as you are able.

Be sure to rest and take it easy for the first few days. Avoid strenuous activities or aerobic exercising for at least 4-5 days following surgery.