

What to Eat After a Tooth Extraction

In the days following surgery, soft food is your friend!

Soft foods help protect the surgical sites and allow for easier chewing and swallowing. Your mouth will be sore, so the last thing you want is to irritate it with hard or crunchy foods.

Here are some soft and nutrient-rich foods to enjoy:

1. **Ice cream and frozen yogurt:** A cold treat can help to numb any discomfort and reduce swelling around the extraction sites. Choose a smooth variety without any chunks or nuts for optimal comfort.
2. **Mashed potatoes:** Warm (not hot) mashed potatoes are soft and easy to eat, providing essential nutrients and energy for your body to heal.
3. **Cottage cheese:** This high-protein option can be mixed with fruit to keep meals interesting and deliver essential vitamins and minerals.
4. **Bone broths and soups:** Hearty, warm, and easy to eat, soups and broths provide essential nutrients and hydration during recovery.
5. **Puddings and custards:** Smooth, creamy desserts help satisfy your sweet tooth without causing irritation or strain at the extraction sites.
6. **Protein powder shakes:** Mix your favorite protein powder with milk, non-dairy milk, or water for a quick and easy protein boost.
7. **Pureed fruits and vegetables:** Options like applesauce and mashed bananas are convenient, healthy choices.
8. **Smoothies:** Blend up your favorite fruits and veggies with yogurt, milk, or water for a tasty and nutritious meal. But remember: no straw!

Avoid spicy and acidic foods as they may cause irritation during the initial recovery process.

Transition to solid foods as you are able, usually about two weeks after surgery. If you feel pain when chewing or biting down, stick to softer foods for a bit longer.

Foods to Avoid After A Tooth Extraction

Just as important as knowing what to eat is understanding what not to eat. Here are some foods that should be avoided during the recovery process:

1. **Crunchy foods**
2. **Chewy foods**
3. **Spicy food**
4. **Acidic foods**

Shopping List for Easy Meal Planning

Stock up on these items before your surgery so you don't have to run out shopping while you're in recovery mode:

- Broth: chicken, beef or vegetable
- Jell-O and/or pudding cups
- Ice cream or frozen yogurt
- Applesauce
- Frozen fruit for smoothies
- Instant oatmeal packets
- Cream of wheat or cream of rice
- Soft fruits such as bananas, melons and berries (just beware of small seeds)
- Gelatin cups (Jell-O)
- Cottage cheese
- Yogurt (avoid any with seeds or crunchy bits)