**POST-OPERATIVE SOFT FOOD DIET**

A soft food diet is recommended following a periodontal procedure consisting of foods that are easy to chew

and swallow.

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| **Examples of Soft Food** |
| Apple Sauce  Smoothies  Ice cream/frozen juice products |
| Boost/Sustacal Drinks |
| Cottage Cheese |
| Jello |
| Mashed Potatoes |
| Oatmeal |
| Pancakes |
| Pasta |
| Pudding |
| Puree Meats |
| Rice |
| Scrambled eggs |
| Soups |
| Vegetables (cooked) |
| Yogurt |

Multigrain,crunchy, or foods with small seeds or kernels are not recommended during the healing phase of treatment.

Please call the office with any questions 248.480.4910.