



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.

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.