



POST SURGERY DIETARY SUGGESTIONS

The following dietary suggestions have been prepared to aid you in the selection of food following periodontal surgery. A well balanced diet will help you heal faster and feel better. You may return to a normal diet as you feel like it. **It is best to avoid spicy foods and juices containing citric acid for at least two weeks.**

SOFT FOODS:

- MILK- Whole milk, skim milk, eggnog, buttermilk, yogurt, malts or shakes
- SOUPS- All soups, including vegetable soups, cream soups and bouillon
- EGGS- In any form, especially soft boiled, scrambled or poached
- MEATS- Ground round or very tender, small pieces of meat
- FISH- Tuna, salmon, shellfish (small pieces), etc
- VEGETABLES- Mashed potatoes, peas or other soft vegetables
- FRUITS- Bananas, applesauce, canned peaches or pears. Avoid fruits with citric acid (lemons, oranges, etc.)
- JUICES- Apple, grape, etc Again avoid anything with high concentrations of citric acid such as tomato or grapefruit juices.

ADDITIONAL SUPPLEMENTS

Powdered skim milk is an excellent source of protein, minerals and some vitamins. It can be added to soups, gravies, mashed potatoes, or whole milk. High protein powdered or liquid preparations such as Carnation Instant Breakfast, Metracal, Nutrament, etc. can be used in liberal amounts.

During this time when normal chewing may be slightly impaired and the need for good nutrition increased, the daily use of a multivitamin and a time-release vitamin C tablet daily is suggested.