



Lowen Perio

Take pride in your smile.
Periodontics & Implant Dentistry

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HOME CARE

Post Surgical Diet Recommendations



Good diet = better recovery

Give yourself the best recovery outcome by eating a healthy and nutritious diet the week before and after your surgery.



Our recommendations

Follow the below food recommendations to reduce your chance for post-op complications, including infections and/or a slower recovery.



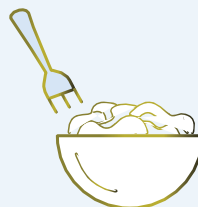
Liquids

- Coffee and Tea (**warm NOT hot**)
- Broth
- Soup
- Meal substitutes (eg. Carnation Instant Breakfast, Ensure, Boost)
- Protein drinks
- Smoothies (no seeds)
- Milkshakes



Soft foods

- Bananas
- Eggs
- Bread (no seeds)
- Pudding
- Cottage cheese
- Yogurt
- Pancakes
- Soft meat (eg. ground beef, fish, chicken)
- Pasta



- Cooked vegetables (eg. beans, peas, potatoes)
- Oatmeal
- Hummus



Don't use straws and choose foods that require minimal biting/chewing



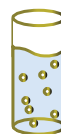
Foods to avoid



- Hard/crunchy foods (eg. nuts, popcorn, chips, granola, pretzels)
- Anything with seeds (eg. bread, strawberries, poppyseeds, chia seeds)



- Sticky foods (eg. peanut butter, candy, gum)
- Flaky foods that tend to stick between teeth (eg. broccoli, salad, rice, pepper)
- Alcohol



- Citrus (eg. orange juice, lemons)
- Spicy foods
- Carbonated beverages (eg. flavored waters)

