



**Lowell & Nashua
Oral Surgery Associates
Chelmsford Oral Surgery**

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POST OPERATIVE DIETARY GUIDELINES

Implant/Graft patients

Foods to avoid: Do not eat uncooked dairy for the first four days after surgery to avoid changing the bacterial composition within the mouth. Stay away from milk, cheese, ice cream, cream or yogurt, anything that comes straight from the freezer or refrigerator. Also, avoid any sharp and crunchy foods like chips, popcorn, potato sticks, peanuts and crackers. When drinking, do not suck through a straw.

Recommended foods: On the day of surgery, stick to soft, cool foods (anything that can be eaten with a spoon, except for uncooked dairy, is okay). Over the next week, patients can gradually return to a normal diet, but continue to avoid uncooked dairy for at least four days. Good soft food choices include well-cooked pasta, cooked vegetables, pancakes, scrambled eggs and applesauce. Foods with cooked dairy products are okay, including pizza, cream sauces and heated milk or cream for coffee.

Dental Alveolar Surgery Patients (i.e. extractions, impactions, etc.)

Foods to Avoid: Patients should avoid any sharp or crunchy foods (i.e. chips, potato sticks, popcorn, peanuts, etc.) for about a week after surgery. On the day of surgery, avoid any foods or liquids that are piping hot in temperature to avoid burning the mouth or encouraging bleeding. When drinking, do not suck through a straw.

Recommended Foods: On the day of surgery, patients should have only cool, soft foods (i.e. ice cream, jello, pudding, applesauce, pasta, mashed potatoes, pancakes, well-cooked vegetables, etc.). Anything that can be eaten with a spoon is fine. Over time, slowly resume a normal diet.

Orthognathic Patients

Foods to Avoid: After surgery, stick with a liquid diet. Do not chew anything. When drinking, do not suck through a straw for the first two weeks after surgery.

Recommended Foods: Anything that can be blended into a liquid is okay to drink. Patients will be given a booklet of recommended shakes and smoothies to try at home. It is advisable to drink plenty of smoothies, shakes, protein drinks, Gatorade and juice to ensure an adequate calorie intake.

SPECIAL NOTE: If patients have surgery on the upper jaw only, it is okay to add thick liquid, ice cream, yogurt, applesauce and pudding to your diet. However, chewing is still not allowed.