

Soft Food Guide Following Periodontal Surgery

Proper nutrition plays an important role in healing after periodontal, implant, gum grafting, or oral surgery. Choose soft, nutritious foods that require minimal chewing and avoid foods that may irritate or traumatize the surgical site.

Breakfast Ideas

- Scrambled eggs
- Soft omelet with cheese
- Oatmeal or Cream of Wheat
- Greek yogurt
- Cottage cheese
- Applesauce
- Mashed avocado
- Soft pancakes
- Smoothies (drink from a cup—never through a straw)
- Protein shakes (without a straw)

Lunch Ideas

- Creamy tomato soup
- Butternut squash soup
- Potato soup
- Chicken noodle soup (soft noodles)
- Pureed vegetable soups
- Lentil soup
- Split pea soup
- Macaroni and cheese
- Mashed potatoes with gravy
- Soft pasta with butter or Alfredo sauce
- Hummus

Dinner Ideas

- Baked or steamed salmon, cod, or tilapia
- Soft meatloaf
- Slow-cooked shredded chicken (when comfortable chewing)

- Tofu
- Risotto
- Polenta
- Mashed sweet potatoes
- Mashed cauliflower
- Well-cooked carrots, zucchini, squash, spinach, green beans, and broccoli

Healthy Snacks

- Greek yogurt
- Cottage cheese
- Bananas
- Ripe pears
- Ripe mangoes
- Soft peaches
- Avocados
- Applesauce
- Pudding
- Gelatin (Jell-O®)
- Ice cream
- Frozen yogurt
- Protein pudding
- Soft cheeses

Protein-Rich Foods

- Eggs
- Greek yogurt
- Cottage cheese
- Fish
- Tofu
- Beans
- Lentils
- Hummus
- Smooth peanut butter
- Protein shakes

- Protein smoothies
- Soft cheeses

Smoothie Ideas

- Berry: Greek yogurt, berries, banana, milk, optional protein powder
- Tropical: Mango, banana, Greek yogurt, coconut milk
- Green: Spinach, banana, mango, Greek yogurt, milk
- Always drink from a cup—never use a straw.

Foods to Avoid

- Chips
- Popcorn
- Nuts
- Seeds
- Granola
- Crackers
- Toast
- Crusty bread
- Bagels
- Pretzels
- Raw vegetables
- Raw apples
- Corn on the cob
- Steak
- Jerky
- Spicy foods
- Very hot foods
- Alcohol
- Carbonated beverages (first 24–48 hours if instructed)
- Using a straw

Recovery Tip: Stay well hydrated, chew on the opposite side whenever possible, and gradually return to your normal diet only after your treating doctor confirms that the surgical site has healed appropriately.