



Nutrition after Periodontal Surgery

For the week following surgery: Good nutrition is always important. For the next week it is even more important for you to eat well-balanced meals.

Not Hungry? You may not be interested in eating now. You may not feel hungry for the next few days. This is not an unusual experience following surgery. If you do not feel hungry, be sure your meals are good to look at as well as to eat. An attractive meal will stimulate your appetite more than a drab one.

How to eat: You may find chewing slow, difficult, and uncomfortable. It may be easier for you to eat small meals throughout the day rather than your usual 3 meals. If you eat the necessary amounts of food it is not important when you eat during the day.

What to eat: You should not eat or drink any foods or liquids until the anesthetic has worn off from your surgery. In the days immediately following your surgery, it is recommended that you eat soft food and avoid any hard or chunky foods. Foods that contain hard particles, like seeds or whole grains, are best avoided during this time. This does not mean that you can only eat soup and juice for the next week. There are many good nutritious foods.

The following are some suggested foods from the basic food groups that will be suitable for your temporary soft diet:

Ground, minced, or pureed meat (pate), seafood (tuna, salmon, shrimp), and eggs

Stewed or pureed fruits and vegetables (mashed potatoes, yams)

Fruit and/or vegetable juices

Soup (cream of mushroom, tomato soup)

Hot or cold porridge, bread, or soft rolls

Yogurt

Cottage Cheese

Ice cream

You may find acidic juices, such as orange juice, irritating to tender tissues around the surgical sites. Diluting the juice may be more comfortable for you.