



Periodontics & Implant Dentistry

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Soft Diet Recommendations after Procedures

Following some dental procedures it may be necessary for the patient to be on a soft diet. The following recommendations are for adhering to a soft but nutritionally adequate diet.

- Dairy products are one of the most complete protein foods (milk, milkshakes, ice cream, cottage cheese, etc.) Dairy products should not be consumed 1 hour before and 2 hours after taking the antibiotic
- Eggs are an excellent nutritional and well balanced protein food (scrambled, poached, soft boiled, etc.)
- Soups of all kinds
- Almost all meats, vegetables and fruits can be purchased in baby food or junior food varieties. Adults may find junior foods more palatable. Spices and salt can be added to enhance their taste
- Hard foods can be blended and reduced to a soft food consistency
- Protein shakes or pre-made meal replacement drinks (Ensure, etc.)
- It would be advantageous to take a multi-vitamin tablet or capsule daily and also drink fruit juices to insure an adequate supply of Vitamin C

Eating a nutritionally well balanced diet is important to ensure proper healing. Please avoid tobacco products for at least a week following all procedures.