

# **NUTRITION AFTER DENTAL IMPLANT SURGERY**

---

A nutritious diet following dental implant surgery is an essential part of a fast recovery. It is important that you maintain a diet of soft, nutritious foods to help speed healing, to maintain a feeling of well-being and lessen discomfort.

A balanced diet consists of proteins, fruits, vegetables, starches, and healthy fats. Whether eating a liquid diet or a soft diet after surgery, you can balance your meals to ensure you are getting adequate nutrients. Adequate dietary protein will aid in your healing process. Therefore, have protein as part of each meal, for example, in a smoothie you can add protein powder or yogurt.

**DAY ONE:** You may not be hungry or able to chew semi-solid or solid foods due to tenderness and swelling in your mouth. However, it is important to get food into your stomach (i.e. most important if you have had IV sedation). Examples of food options may include yogurt, apple sauce, Jell-O, and ice cream. Additionally, you should attempt to receive 48-oz to 64-oz (6-8 cups) of liquids daily.

**WEEK FOLLOWING SURGERY:** For this week, it is very important to eat well-balanced meals. If you eat enough of the foods your body needs every day, you may heal faster and with less discomfort.

**HOW TO EAT:** You may find chewing slow, difficult and uncomfortable. It may be easier for you to eat smaller, frequent meals throughout the day rather than your usual three (3) meals. As long as you eat the necessary amounts of food, it is not important when (what time) you eat during the day.

**WHAT TO EAT:** In the days immediately following implant surgery, it is recommended that you eat soft food and avoid any hard food products. The following are some suggested foods from the basic food groups, which will be suitable for your temporary soft diet.

- **MILK GROUP (2 or more servings daily)**
  - Whole milk, 2% milk, skim milk, soy or almond milk, buttermilk, yogurt, kefir, cottage cheese, ice cream.
- **MEAT GROUP (2 or more servings daily)**
  - Broiled lean beef, ground meat, minced meat, pureed meat, soft fish, tuna, salmon, shrimp, eggs.
- **VEGETABLES / FRUITS (4 or more servings daily)**
  - Stewed vegetables, pureed vegetables, vegetable juices, pureed fruits, soups
    - Be careful with acidic fruit juices as they may irritate the surgical site
- **BREAD / CEREAL (4 or more servings daily)**
  - Hot cereals (Cream of Wheat, oatmeal), soft bread. If choosing a cold cereal, select an option that is not coated in sugar and not too crunchy; allow milk to soften before eating.