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## **Food options for the first few days after single dental implant surgery**

Do **NOT** use a straw with your drinks

- Water
- Coconut water
- Fruit juices, including nectars and juices with pulp
- Milk (all cow, nut, or pea-based)
- Kefir drinks
- Tea (warm NOT hot)
- Coffee (warm NOT hot)
- Creamer
- Half-and-half
- Meal replacement shakes (e.g., Ensure, Boost, Special K, Carnation, Glucerna)
- Protein shakes\*
- Milkshakes\*
- Smoothies (seedless)\*
- Sodas
- Broth (boullion - beef, chicken, or vegetable)
- Strained or pureed vegetable soup (warm NOT hot)
- Strained meat or cream-based soups (warm NOT hot)
- Apple sauce
- Avocados (mashed)
- Coffee and tea
- Eggs; scrambled, soft-boiled, fried, or poached
- Warm breakfast cereals - (e.g., oatmeal, grits, Malt-o-Meal)
- Gelatin (e.g., Jell-O)
- Custard
- Pudding
- Yogurt
- Cottage cheese
- Ice Cream
- Sherbet
- Frozen fluids, like fruit ices, or popsicles
- Frozen Yogurt
- Eggs

You can begin to add solid foods back into your diet as your mouth dictates. Avoid surgical sites with hard or crunchy foods for two weeks or until all the swelling and tenderness have subsided.