



## **Food options for the first few days after All-on-4 dental implant surgery**

- Apple Sauce
- Avocados (mashed)
- Coffee and tea
- Cottage cheese
- Eggs; scrambled, soft-boiled, fried, or poached
- Fruit ices and popsicles
- Fruit juices, including nectars and juices with pulp
- Ice cream
- Jell-O
- Liquid protein supplements like Boost, Ensure, Resource
- Milk
- Milkshakes
- Pudding
- Smoothies (seedless)
- Warm Soups (cream or broth) (warm NOT hot)
- Yogurt
- Water

## **Week 3 until the final bridges are complete - “Fork-Tender” Diet**

From 2 weeks post-op, until we place your definitive bridge, it's important for you to eat only foods that are soft and easy to chew. Avoid hard and chewy foods like raw fruit, sandwiches, pizza crusts, etc. Instead, start with foods that are still quite soft; anything that can be cut with the side of a fork is suitable for this part of your diet.

### **Fruits and Vegetables**

- Soft fruits like bananas, mangos, peaches, and pears (avoid fruits with seeds, such as raspberries, strawberries, etc.)
- Apple sauce
- Steamed veggies

### **Meats and Other Protein Sources**

- Broiled fish
- Roasted or chicken stew
- Soups with small soft pieces of vegetables and meat
- Tofu
- Meatloaf

**Bread, Pasta, or Rice**

- Soft loaves of bread
- Waffles
- Pancakes
- Muffins
- Spaghetti, macaroni, rice pasta
- Cooked, refined cereals, such as cream of rice, oatmeal, grits, or farina (cream of wheat)

**Other Soft Foods**

- Items from Week One list
- Pudding
- Yogurt
- Oatmeal
- Mashed potatoes
- Ice cream
- Applesauce
- Cottage cheese
- Scrambled eggs

# What Foods Should I Avoid Eating After Dental Implant Surgery?

Here are some foods you should avoid eating after your dental implant surgery:

- Caramel
- Chips and pretzels
- Crusty breads
- Corn on the cob
- Granola
- Gum
- Hard candy
- Pizza (crust)
- Raw apples and vegetables
- Steak or other tough meats
- Sub sandwiches
- Taffy