

SOUTH SHORE

LONG ISLAND
PERIODONTICS &
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POST SURGERY FOOD SUGGESTIONS BY CATEGORY:

Dairy

Smooth yogurt. You could also take chunky yogurt and puree it in a blender to break down any large pieces. Also, try the new yogurt in a tube, available at most grocery stores. Various soft cheeses, such as: brie, cottage cheese, and thinly sliced Swiss, cheddar, havarti, etc.
Milk-based drinks, Custard, Pudding

Breads and Baked Goods

Any type of soft bread that does not have seeds, nuts and/or pieces of whole grains. If you like whole-wheat bread, look for one that has a smooth texture. Tear off the crust if necessary.
Muffins without nuts or chunks, Soft cakes, Tortillas (corn and flour, micro waved or steamed until soft) Pancakes, Couscous, Pasta, Noodles, Soft-cooked rice, risotto, Polenta, Matzo balls, Grits.

Meats and Poultry

Soft-cooked chicken, Soft cooked meat, Chicken salad, Thinly sliced lunch meats, Meatballs,
Many meat recipes that you make in a crock pot or pressure cooker are very tender

Meat Alternatives

Tofu can be made in many ways and is always easy to eat.

Seafood

Soft-cooked fish, Tuna, salmon, or whitefish salad

Soups

Look in your local grocery store for soups that either don't contain chunks, or have very mushy ingredients.

Vegetables

Soft-cooked carrots, squash, Mashed potatoes, Smooshed potato salad, Coleslaw, Fresh spinach, chard, kale, or other greens, cooked very soft or steamed and cut up. Avocados, guacamole, Salsa (non-chunky) Beans (mashed if necessary) Hummus, various Middle Eastern dips

Fruits

Mashed bananas, Applesauce, Baked apples Fruit juice, juice smoothies (protein powder can be added)
Other ripe fruits that get mushy.

Treats

Ice cream without nuts or chunks, frozen yogurt, sorbet, sherbet, Milkshakes, smoothies, Most cold drinks make your teeth feel better - iced tea, iced coffee, etc. But be careful not to inadvertently drink too much caffeine! Soft cakes, Cream pies, Jell-O (gelatin), Custard or flan, Pudding

Shakes and Bars

Protein shakes, Slim Fast, Ensure, etc.