

# SOFT FOODS

It is very important to increase fluids and caloric intake a few hours after surgery. We recommend foods high in protein as they will aid in healing and fighting infections.

## PRODUCE & MEAT

Mashed Avocados  
Bananas  
Overcooked Vegetables  
Mashed Potatoes  
Flaky Fish (Like Salmon)  
Canned Peaches/Pears  
Applesauce  
Baked Beans

## CANNED FOOD & DRY GOODS

Pureed Soups  
Refried Beans  
Well Cooked Pasta  
Grits  
Nut Butters  
Oatmeal  
Rice



## FROZEN & REFRIGERATED

Ice Cream  
Frozen Yogurt  
Pudding  
Hummus  
Milkshakes (No Straw)  
Popsicles  
Yogurt/Kefir  
Silken Tofu

## DRINKS

100% Juice  
Milk  
Pedia-lite  
Gatorade  
Coconut Water  
Protein Shakes(No Straw)  
Smoothies (No Straw)

## AVOID

Alcoholic Beverages  
Using Straws

Foods that are hard, crunchy or sharp (for example: Popcorn and Nuts)



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**Oral Surgery Institute**  
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Oral, Maxillofacial & Implant Surgery