

Food choices For Optimal Post-Operative Healing

Proper care after your periodontal surgery will help your mouth heal quickly and cleanly. Listed are some food suggestions to help you prepare in advance for your upcoming periodontal surgery.

Your temporary soft food diet may seem challenging at first, but with a little planning it doesn't have to be boring. Luckily, it can be much more than just soup and ice cream! Variety will help ensure your diet has all the nutrients you need to heal quickly.

Drink approximately 8 cups of fluid per day. Start drinking nutritious fluids such as meal replacement drinks, juices, milk or milk alternatives as soon as you are able to. Drink water too. Avoid using a straw, drink normally out of a glass. Avoid hot liquids like coffee and tea - let them cool first before drinking. Hot fluids increase the flow of blood and your wound can start to bleed again.

A general rule of thumb for the first two weeks post-surgery is to avoid any foods that take “more than three chews” to swallow. Try eating things like yogurt, cottage cheese, mashed potatoes, pastas, cooked/steamed vegetables, ground meats etc. We really want you to avoid anything with hard sharp corners, like chips, crusty bread or dense foods like steak and if your surgery occurred on only one side of your mouth, try to avoid chewing on that side. It is also best to avoid things like nuts and seeds (chia, flax, raspberries etc.) for the first two weeks as these particles can get trapped underneath the gums.

OTHER CONSIDRATIONS: Avoid alcohol, cannabis, vaping and tobacco as much as possible during the healing period of two weeks as both are known to delay the healing process.

We also encourage you to visit Canada's Food Guide on line at <https://food-guide.canada.ca/en/> You can develop a diet plan that is individualized by selecting food options that most appeal to you.