

Post-Surgery Food Guide: What to Eat After Wisdom Teeth Extraction

Recovering from wisdom teeth removal requires proper nutrition to promote healing and prevent complications. This guide provides a list of recommended foods and those to avoid during the healing process.

Best Foods for Healing

These foods are soft, easy to chew, and gentle on your healing gums:

- **Smoothies (without straws):** Blend fruits with yogurt or protein powder for a nutritious meal.
- **Yogurt:** A soft, cooling food that helps soothe the mouth.
- **Mashed potatoes:** Easy to eat and a good source of energy.
- **Scrambled eggs:** High in protein and easy to chew.
- **Applesauce:** Provides vitamins and is gentle on healing tissues.
- **Oatmeal:** Soft and fiber-rich, but avoid very hot temperatures.
- **Broth-based soups:** Warm (not hot) soups like chicken or vegetable broth provide nutrients without irritation.
- **Cottage cheese:** A soft dairy option rich in protein.
- **Avocado:** Healthy fats and smooth texture make it an ideal post-surgery food.
- **Soft pasta:** Cooked until very tender and easy to swallow.

Foods to Avoid

These foods can irritate the surgical site, dislodge the blood clot, or slow healing:

- **Crunchy or hard foods:** Chips, nuts, and raw vegetables can damage sensitive areas.
- **Spicy foods:** Can cause irritation and discomfort.
- **Acidic foods:** Citrus fruits and tomatoes may sting and slow healing.
- **Sticky foods:** Chewy candies and gum can be difficult to eat and may stick to healing gums.
- **Carbonated drinks:** The bubbles can irritate the surgical site and dislodge the clot.
- **Straws:** The suction can disturb the blood clot, increasing the risk of dry socket.
- **Alcoholic beverages:** Can interfere with pain medications and slow healing.

Tips for a Smooth Recovery

- **Stay hydrated:** Drink plenty of water, but avoid using straws.
- **Eat small, frequent meals:** This helps maintain energy without putting strain on the mouth.

- **Chew on the opposite side:** If possible, avoid chewing near the surgical site.
- **Avoid hot foods and drinks:** Let food cool before eating to prevent irritation.
- **Avoid smoking:** Smoking slows healing, increases the risk of infection, and significantly raises the chances of developing dry socket.