

## SUGGESTED DIET / FOODS FOLLOWING SURGERY

A soft diet should be followed for several days following Implant Periodontal surgery. Follow the “Fork Rule”.

### Liquids:

Fruit Juice  
CBI (Carnation Instant Breakfast)  
Milk, water  
Soups  
Yogurt  
Clear Soda  
Milk shake (no Straws)  
Ice Cream

### Solids:

Cooked cereal  
Soft bread  
cut soft fruit such as bananas  
Mashed Potatoes  
Cottage Cheese  
Canned fruits, cooked vegetables  
Spaghetti noodles  
Pudding, yogurt, Jello  
Lean ground meat, fish

### Avoid:

Avoid eating spices, hot peppers, alcoholic beverages, citrus foods/ beverages for 2 days). Avoid hot drinks, crusty foods, and foods containing small seeds (poppy seeds, sesame seeds), popcorn, and spicy foods.

### USE OF MOIST HEAT

Try applying moist heat to the affected area for 20 minutes or so three to four times a day. Never allow it to get so hot that it is painful or that the skin gets red. A heating pad is okay, but most people like moist heat better. You can obtain moist heat in several ways:

- By placing a towel over the sore area and letting the hot shower hit it.
- By soaking a towel in hot water and applying it to the painful area. It will tend to cool off quickly.
- By getting a moist heating pad especially made for moist heat (**never allow a regular heating pad to get wet**).
- By wrapping a wet towel around a hot water bottle.