**Post Extraction Treatment Diet Instructions**

1. The **first three days** following an extraction, follow **only** a liquid-like diet to allow healing. Anything that could be put into a blender to drink is ideal. The purpose of this is to protect the clot that is acting as a “band-aid”. **Do not** drink through a straw, as this creates a vacuum in your mouth that can disturb the “band-aid”. Take daily vitamins.
2. **Next four days after treatment**, foods with a “mushy” consistency such as those listed below are recommended.
3. **Starting seven to ten days after treatment**, soft foods may be allowable. Soft foods have the consistency of pasta, fish, chicken or steamed vegetables. You may then, gradually add back your regular diet choices.
4. **Please remember** that even after ten days, healing is not complete. The **first month** following treatment you should continue to make smart food choices. Softer foods are better.

**Smokers/Tobacco Users Warning**

Tobacco has a very large effect on your gums and the disease you have in them. Tobacco is associated with an increased disease rate in terms of loss of the bone and gums that are holding your teeth in, as well as an increase in the space between the gums and teeth. Tobacco is a major factor for chronic gum disease.

Any type of smoking and/or chewing tobacco will have an adverse effect on the progress of your healing and may cause the gum disease to re-occur after treatment. If you are a smoker or chew tobacco we highly recommend not doing so while you are healing or any time after that.

**“Mushy” Diet Suggestions**

**DAILY VITAMINS!**

* **Anything put through a food blender**
* **Cream of wheat, Oatmeal, Malt O Meal**
* **Mashed Avocado, Applesauce**
* **Mashed Potatoes or Baked Potatoes – OK with butter/sour cream**
* **Mashed Banana or any mashed/blended fruit except berries with seeds**
* **Broth or Creamed Soup**
* **Mashed steamed vegetables**
* **Mashed Yams, Baked Sweet Potato or Butternut Squash**
* **Cottage Cheese; Cream or Soft cheese**
* **Creamy peanut butter without solid pieces**
* **Eggs any style, with or without melted cheese**
* **Omelets can have cheese and avocado**
* **Jell-O, Pudding, Ice Cream, Yogurt**
* **Milk shake/smoothies – DO NOT blend with berries containing seeds (do not use a straw)**
* **Ensure, Slim Fast - nutritional drinks**