



## **Post-Op Diet for Teeth in a Day ("All On Cases")**

**POST SURGERY:** Consume soft foods for the first four months post surgery. **To protect the dental implants, you must adhere to a blended or soft, non-chew diet for the first 4-months after surgery. Chewing foods before the 4-month mark would lead to failure of the implants. Please see dietary examples.**

Examples,

### **Breakfast Ideas**

1. Scrambled eggs, instant oatmeal, apple sauce, smoothies, bananas, yogurt.
2. Protein rich smoothie (blend greek yogurt, banana, and frozen mango or peaches).  
\*Avoid fruits with seeds such as kiwi, strawberries, blackberries and raspberries.
3. Scrambled eggs with soft meats like diced deli meat. Serve with a side of soft fruit like sliced bananas. \*Avoid fruits with seeds such as kiwi, strawberries, blackberries and raspberries.

### **Lunch/Dinner Ideas**

1. Pureed soups (tip: you can easily puree any soup, stew or chili with a stainless-steel hand blender). Fan Favorite: Clam Chowder or Baked Potato Soup made with milk and pureed cheese and sour cream for extra protein
  2. Tuna, Egg, Salmon or Turkey salad sandwich with soft sandwich bread, crust cut off and lots of mayo to keep it moist and easy to chew and swallow. Serve with a side of cucumber (skin removed).
  3. Shepherd's Pie made with mashed potatoes, melted cheese, ground meat, peas and carrots.
  4. Lasagna (well cooked)
  5. Meatloaf with Mashed Potatoes and Overcooked Broccoli or Cauliflower
- \*Top vegetables or soups with a drizzle olive oil (1/2 tsp) for some extra nutrition.

### **Snack Ideas**

1. Ice Cream
2. Yogurt
3. Soft fruits with no seeds or skins (ex, smooth applesauce, banana, peaches, mango, soft melon, etc).
4. Hummus or Guacamole with soft pita or naan rounds.
5. Jello
6. Cheesecake
7. Meal Replacements such as Boost or Ensure

Phone: (519) 245-0751  
Fax: (519) 245-0761  
Email: [info@caradocdentistry.com](mailto:info@caradocdentistry.com)  
[www.caradocdentistry.com](http://www.caradocdentistry.com)

#### **HOURS**

Monday: 8am - 5pm  
Tuesday: 8am - 7pm  
Wednesday: 8am - 5pm  
Thursday: 8am - 5pm  
Friday: 8am - 1pm