



# What to Eat Immediately After Wisdom Tooth Surgery

It can take several weeks to fully heal after a tooth extraction. To support healing, it's important to follow an OMS-approved plan of what to eat. The mouth and gums will be very sensitive post-procedure, and while patients can build up a tolerance to more solid foods as time progresses, sticking to very soft or liquid options throughout your recovery will give the best results.

- Because the mouth will be in a very delicate condition for the first few days, we recommend eating only soft or liquid-based foods immediately after a tooth extraction.
- Anything that can be swallowed with minimal chewing is ideal, such as yogurt, applesauce, broth soups and ice cream.
- Soft puréed foods are recommended. Harder foods can be softened in milk or broth for a mushy consistency, and blenders can purée nutrient-rich foods.
- Smoothies are a great way to add protein and vitamins to a diet after wisdom-tooth extraction, but avoid drinking through a straw to allow the gum tissue to heal undisturbed.

## Foods to Consider

As wisdom tooth recovery progresses, patients can begin to add semi-solid foods back into their diet, per their OMS's recommendations. Listed below are hearty and filling options that will put minimal stress on the mouth and gums:

- Oatmeal
- Mashed potatoes
- Scrambled eggs
- Very soft pastas
- Finely cut meats and fish

Regardless of diet, chewing near the extraction site should be avoided if possible, so as not to inflame the area. If food becomes lodged, it is important to rinse with warm salt water. Avoid over-the-counter mouthwash.



## Foods to Avoid

While healing from wisdom-tooth extraction, there are foods and drinks that should be avoided. When planning a post-surgery diet, we recommend leaving foods such as these off the menu:

- Acidic fruits, such as oranges and tomatoes
- Carbonated drinks, including sodas and sparkling waters
- Hard seeds, nuts and popcorn
- Difficult-to-chew candies, such as taffy
- Spicy foods
- Hot drinks

Each of these foods has the potential to irritate gum tissue or otherwise complicate the healing process.



**If you have questions about wisdom-teeth extraction or any other procedure, contact us today.**



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