

Nutrition Following a Dental Procedure



Good nutrition following dental procedures is essential for healing and recovery. Discomfort caused by dental work may limit your ability to eat some of your favorite foods, but it is very important to meet your nutrient needs. Dental procedures may include scaling and root planing, tooth extractions, and dentures.

Modified Consistency

Following certain dental procedures, your dentist may recommend a modified consistency diet such as soft or pureed foods. This allows for adequate healing and recovery and may also cause less pain while eating. Choose nutrient-dense soft foods to help meet your nutrition needs.

- Soft-cooked fish
- Scrambled Eggs
- Finely ground meat
- Steamed or boiled vegetables (cut in small pieces)
- Creamy soups
- Yogurt
- Cottage cheese
- Applesauce
- Mashed banana
- Canned, diced peaches or pears
- Mashed or pureed squash
- Smoothies
- Avocado
- Oatmeal

Nutrients of Importance

Calories - Discomfort after a dental procedure may make eating an adequate number of calories difficult. Your body requires energy for healing so meeting your calorie needs during this time is very important. Focus on nutrient-dense foods and small, frequent meals and snacks throughout the day.

Protein - Protein is essential for repairing tissues and making new tissue. Meet your needs by including moderate amounts of protein throughout the day (1 g of protein/kg of body weight). Sources of protein include milk, yogurt, eggs, meat, poultry, fish, and beans.

Vitamin C & Zinc - Vitamin C protects cells from damage and both vitamin C and Zinc are necessary for forming collagen, which is a main structural part of the skin and tissues. Vitamin C is found in many fruits and vegetables, especially citrus fruits. Zinc is found in dairy, meat & seafood, and fortified cereals. Most people meet their needs through a varied diet and do not require supplementation.

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Consistency/Texture	Description	Foods Recommended
Regular	No Restrictions	No Restrictions
Soft & Bite Sized	<ul style="list-style-type: none"> • Foods are tender and moist • Foods require some chewing before swallowing • Foods can be mashed with a fork • Foods are cut into small pieces 	<ul style="list-style-type: none"> • Very tender meat • Soft cooked fish • Steamed or boiled vegetables • Soft fruits • Cereal and milk
Minced & Moist	<ul style="list-style-type: none"> • Foods are soft and moist, often with a sauce or gravy • Foods require very little chewing and may be mashed with tongue • Foods are in very small pieces (minced) 	<ul style="list-style-type: none"> • Ground meat in sauce • Applesauce • Oatmeal • Well cooked pasta or rice with sauce • Mashed potatoes or squash • Scrambled eggs
Pureed	<ul style="list-style-type: none"> • Foods do not require chewing • Foods have smooth texture • Foods are not sticky 	<ul style="list-style-type: none"> • Pureed squash • Greek yogurt • Pudding
Liquidized	<ul style="list-style-type: none"> • Foods do not require chewing • Foods can be drunk from a cup • Foods are smooth and not sticky 	<ul style="list-style-type: none"> • Smoothies • Milk • Protein Shakes • Cream Soups