

Food you can eat



Vegetables

Well-steamed carrots, broccoli, peas, beans. Oven-baked pumpkin, potatoes, and sweet potatoes

Fruits

Bananas, avocado, pawpaw, raspberries. Harder fruits like pears, apples, and peaches need to be peeled and poached

Dairy

Cottage cheese, yoghurt, smoothies, custard and milky rice pudding

Grains and starches

Mashed potatoes, sweet potatoes, pumpkin, lentils, oats, soft noodles, and soft pasta

Meats

Ground mince, slow-cooked lamb, chicken or beef

Fish

Tuna, and steamed fish

Soft tofu

Tofu and other soy-based meat substitute

Other

Applesauce, boiled or scrambled eggs, soups and stews, smoothies and protein shakes

Food to avoid



Vegetables

Uncooked carrots, celery, asparagus, raw broccoli, deep-fried vegetables, or crispy oven-baked

Fruits

Apples, oranges, lemons, pears, stone fruit with skin

Dairy

Hard cheeses, cheese with extras like nuts or fruit

Grains and starches

Crackers, biscuits, chewy bread and crusts of bread, bread with a lot of grains, popcorn, muesli bars, crunchy cereal

Meats

Chewy, tough cuts of meat, fried fish, battered, crumbed or crispy coated meats

Spicy/ irritating foods

Hot chilli, tomato sauce, tobasco sauce

Fats

Nuts, seeds, coconut flakes, crunchy nut butter

Other

Chewy lollies, gum

Drinks

Hot liquids, acidic drinks

Note: Do not drink alcohol for 48 hours following oral surgery. It can increase the likelihood of complications such as prolonged wound healing and post-operative infections.