

Diet Suggestions post Gum Graft procedure

Following a gum grafting procedure it is important to adjust your diet to give the surgical sites undisturbed time to heal.

Eating hard foods may cause small lacerations, tears and damage to the grafted tissue and donor site. Eating soft foods will reduce the risk of damage being caused to the grafted tissue.

Day of the procedure: Consume cold drinks and eat cold, soft foods

Day after procedure: Consume cold drinks and eat soft foods

For the **first 7 days a liquid to ultra soft diet** is advisable. Soups must be lukewarm or room temperature.

Great options for this include but are not limited to:

- Greek yogurt
- Protein shakes
- Smoothies (without seeds)
- Mashed bananas
- Mashed avocados
- Mashed mangos
- Creamy peanut butter
- Apple sauce
- Jello
- Pudding
- Butternut squash soup
- Sweet potato and coconut soup
- Vegetable or chicken broth

After 7 days you may slowly incorporate more solid foods including but not limited to:

- Tofu
- Soft, cooked chicken
- Eggs
- Cheese
- Boiled pasta
- Sauteed vegetables

Foods to avoid are:

- Hard foods
- Chewy foods (Steak, cereal bars)
- Crunchy foods (Pretzels, chips, nachos, chips, popcorn, pizza, crackers)
- Spicy foods
- Acidic foods/drinks (fruit juice, tomato, vinegar)
- Food that contains small seeds (kiwi, strawberries, raspberries)
- **Alcoholic and carbonated beverages**

It's best to avoid solid food for the first 48 hours. After that you can eat soft foods.

Depending on the healing stage, you may eat as normal after 14 days or when instructed to do so by your periodontist.