GUIDANCE | PRECISION | CONFIDENCE

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Extraction & Immediate Denture Soft Food Guidelines

Proper nutrition is essential for a smooth and comfortable healing process after your extractions and delivery of your immediate dentures. For the first few days to a couple of weeks, your gums will be tender as they adapt to the appliance. Proper meal planning **before** your extractions is recommended. Have meals prepared and ready to go for the first 3 days.

Phase 1: The First 48 Hours (Liquid & Extremely Soft Foods)

During the initial healing phase, stick entirely to cool, smooth, or lukewarm foods that require virtually no chewing.

- **Smoothies and Shakes:** Nutrient-dense fruit smoothies (ensure no tiny seeds like raspberries or strawberries are included) and protein shakes.

  *(**Remember: Do not drink through a straw, as the suction can dislodge your blood clots**).*

- **Dairy & Soft Bases:** Greek yogurt, cottage cheese, smooth puddings, custard, and applesauce.
- **Warm Soups and Broths:** Blended, lukewarm or cool broths, cream soups, and pho or ramen broth (ensure there are no noodles or chunks that require chewing, and avoid hot temperatures which can increase swelling).
- **Mashed Items:** Finely mashed bananas, avocado, or smooth applesauce.

Phase 2: Days 3 to 7 (Advancing to Soft Textures)

As swelling begins to subside and your mouth becomes slightly more comfortable, you can slowly introduce soft, spoon-fed foods that require minimal chewing.

- **Potatoes and Root Vegetables:** Smoothly mashed potatoes, sweet potatoes, or squash blended with a little butter or milk.

- **Eggs:** Scrambled eggs cooked soft, soft-boiled eggs, or omelets cut into tiny, manageable pieces.
- **Grains & Cereals:** Well-cooked, soft oatmeal, cream of wheat, or grits served at a lukewarm temperature.
- **Soft Proteins & Pasta:** Finely flaked white fish, very tender slow-cooked shredded chicken mixed with gravy or broth, and soft-cooked pasta or macaroni and cheese.

Foods to Strictly Avoid During Healing

To protect your extraction sites and prevent food particles from becoming trapped beneath your immediate dentures, avoid the following for at least the first couple of weeks:

- **Hard & Crunchy Foods:** Nuts, seeds, chips, popcorn, pretzels, raw carrots, and apples.
- **Sticky Foods:** Caramel, gummy candies, sticky taffy, or chewy bread that can pull at the dentures.
- **Spicy or Acidic Foods:** Hot sauce, chili, salsa, citrus fruits (like oranges or grapefruit), and tomato-based sauces that can sting or irritate tender, open gum tissues.
- **Foods with Tiny Seeds:** Strawberries, raspberries, kiwis, and sesame seeds, which easily slide under dentures and cause sharp irritation against healing gums.

Helpful Tips for Eating with Immediate Dentures

- **Cut Food into Small Bites:** Portion your food into bite-sized pieces before eating to reduce the work your jaw and gums have to do.
- **Chew Equally on Both Sides:** Distribute food evenly across both sides of your mouth when you chew to keep your dentures stable and balanced.
- **Rinse After Meals:** Gently remove and rinse your dentures and mouth with warm salt water after eating to clear away any trapped debris.