

HOW TO EAT AFTER **ORAL SURGERY**

the comprehensive guide

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As you prepare for oral surgery, such as wisdom tooth removal, one of the major things to consider is: *How fast will I be back to normal? How long will it take to heal?*

Although every person is different, one important factor that will change the answer to that question is what you eat afterwards.

When it comes to a speedy wisdom tooth recovery (or other major oral surgery), I consider three factors when talking to patients:

1. You'll be exhausted from anesthesia, and possibly a little loopy. Don't expect to be dicing up a fancy salad—you might be lucky to have the energy to stick a dish in the microwave during the first 24 hours of recovery.

2. Your mouth will be tender; no hard/crunchy/difficult to chew foods allowed. This part might sound obvious, but it gets a little more complicated when you add the third factor...

3. Sugar slows healing. Filling your post-surgery plate with pudding and jello might sound great, but these kinds of foods slow down your mouth's ability to get better.

With that in mind, here's what to eat after oral surgery for fast recovery. (Skip to Page 5 for a shopping list by department.)

Bone broth: This amino-acid rich broth contains a ton of collagen, which may help the skin of your mouth heal more quickly. It's also nutrient-dense, which is important when you won't be able to eat as much food as you recover. Other soups and broths work, too, but bone broth is the #1 choice for nutrient content.

Coconut water: Drinking coconut water provides your body with large quantities of minerals you might otherwise miss. You need electrolytes to recover your energy after surgery.

Baby food: It might sound a little weird, but eating baby foods like peas, bananas, sweet potatoes, carrots, beets, and blueberries provide you with great nutrients without overloading your mouth with sugar.

Hummus: The chickpeas, garlic, and olive oil used to create hummus are all great for reducing inflammation after oral surgery. Plus, it's a rich source of fiber, which can be hard to get when you're eating only soft foods.

Cottage cheese: This soft food is chock full of minerals and protein. The high protein content in cottage cheese also means it might keep you full better than other soft foods.

Bananas: Tread carefully with bananas after oral surgery, since they're pretty high in natural sugar. However, they also contain lots of fiber and taste great!

Avocados: Mash up some avocados for a good dose of healthy fats, fiber, and minerals. Pro tip: add garlic to your mashed avocados for an anti-inflammatory boost.

Green smoothie: Making a smoothie of ingredients like kale, spinach, and bananas is a great way to pack in nutrients and fiber even while you're on soft foods only. Make sure there's no left over particulate or stalks in your smoothie, and avoid using high-sugar ingredients like apple juice.

Soft cheeses: Delicious soft, raw cheeses like Brie, mozzarella, and camembert are great to introduce back into your diet. Bonus: they contain vitamin K2, which is important for strong teeth.

Scrambled eggs: Pastured eggs, another K2-rich food, contain antioxidants and proteins known to help the growth and healing of skin, which can further speed your recovery. It's also great with melted cheese!

Salmon: This soft fish is one of the most nutrient-dense, anti-inflammatory foods you can eat to recover after oral surgery. But be cautious—farmed salmon can be high in toxins like mercury. Stick to Alaskan wild-caught salmon whenever possible.

Lentils: Although they're high in carbohydrates, lentils are a great food for digestion, contain tons of protein, and serve to alkalize the body. A highly alkaline bloodstream supports proper recovery from surgery. Make sure your lentils are very soft and not too hot.

Creamed spinach: Use an easy creamed spinach recipe to combine nutrient-rich spinach, anti-inflammatory garlic, K2-rich grass-fed butter, and grass-fed heavy cream.

Lily's dark chocolate: I recommend this brand, in particular, because it's sweetened with sugar alcohols and stevia rather than sugar. Dark chocolate is great for remineralization, high in antioxidants, and melts in your mouth.

Nut butters: Try creamy (never crunchy) almond butter or another nut butter variety. Watch for high sugar content.

Shopping List

Soups

Organic bone broth

Produce

Sweet potatoes

Peas

Carrots

Beets

Blueberries

Avocados

Unflavored hummus

Spinach

Garlic cloves

Dairy & Eggs

Cottage cheese

Soft, raw cheeses (Brie, mozzarella, and camembert)

Pastured eggs

Low-sugar Greek yogurt

Grass-fed butter

Grass-fed heavy cream

Meats

Alaskan wild-caught salmon

Beverages

Coconut water

Unsweetened ice tea

Bai antioxidant infusion

drinks (avoid the carbonated varieties)

Other

Creamy nut butters (not crunchy)

Lily's dark chocolate bars

Dry foods

Lentils

3. Recovery Tips

1. Get a set of cold gel packs to keep around your face. One can be in the freezer while you're using the other.

2. Elevate your head using the right kind of pillow. Keeping your head elevated is key to recovery, so resist the urge to lie flat.

3. Don't overuse the prescriptions you get. After the anesthesia has worn off, don't take more painkillers than you need to dull the pain. I suggest keeping a pill cutter nearby to take the smallest possible dose you can.



1. Gel Packs



2. Wedge Pillow



3. Pill Cutter

⊗ Foods to Avoid

Super starchy veggies

Rice

Sugar foods (pudding, Jell-O, etc.)

Flaky foods (even soft ones)

Oatmeal

Seeds

Bacon bits

Cous cous

Quinoa

Crunchy or hard items (bread, chips, etc.)

Nuts

Any item you have to drink through a straw or suck on