EASTSHORE PEDIATRIC DENTAL GROUP
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Post-Op Instructions: Soft Foods Guide

When to Eat Soft Foods

After dental procedures such as extractions, dental surgery, or any treatment that leaves the mouth sore or numb, soft foods are recommended for at least 1–3 days, or as instructed by our team. Soft foods help protect the area, reduce irritation, and make eating more comfortable while your child heals.

Soft Food Suggestions

Here are some examples of soft foods that are gentle on healing mouths:

Fruits & Vegetables

- Applesauce
- Mashed bananas
- Avocado
- Cooked vegetables
- Mashed potatoes
- Smoothies (without a straw if your child had an extraction)

Grains & Carbs

- Oatmeal
- Cream of wheat
- Soft pasta
- Macaroni and cheese
- Rice
- Bread (no hard crust)
- Pancakes

Proteins

- Scrambled eggs
- Soft tofu
- Shredded chicken
- Ground turkey or beef
- Refried beans
- Fish

Dairy & Snacks

- Yogurt
- Pudding
- Cottage cheese
- Ice cream (no nuts or crunchy mix-ins)
- Jell-O
- Milkshakes (only if your child is allowed to avoid straws)

Examples of Foods to Avoid:

- Nuts
- Hard candies
- Ice
- Popcorn kernels
- Chips
- Hard pretzels
- Toasted bagels
- Crusty bread
- Raw carrots
- Sticky or chewy candy



Always follow the specific instructions given by our team based on the procedure your child had. If you have questions or concerns, please call our office.