



A GUIDE FOR OUR PATIENTS

Your Post-Surgery Recovery Menu

Soft, nourishing foods to support your healing in the first week



THE SOFT FORK TEST — SEE PAGE 2

The Soft Fork Test



If a soft plastic fork can cut it, it's safe to eat.

That's the simplest way to know what "soft" really means after surgery. Try pressing a thin, flexible plastic fork into a bite of food: if it slices through easily with light pressure, it's a safe texture for healing tissue. If the fork bends, slips, or can't get through it, the food is too firm, crunchy, or chewy right now — set it aside for later in your recovery.

Why This Matters

Healing needs the right fuel. Nutrient-dense, soft foods support recovery around your surgical sites, while the wrong textures, temperatures, or ingredients can irritate healing tissue or slow things down. The lists on the following pages will help you choose well for the first week — and the meal ideas after that will make it easy to put them together.

How to Use This Guide

- Pages 3–4: what to reach for, and what to set aside for now
- Page 5: simple meal ideas for Days 1–3 and Days 4–7
- Page 6: a few extra tips, plus how to reach us with questions

Foods to Enjoy



Protein Smoothies & Shakes



Soups & Broths



Soft Scrambled Eggs



Greek Yogurt & Cottage
Cheese



Mashed Potatoes & Sweet
Potatoes



Oatmeal & Cream of Wheat



Mashed Avocado



Pureed or Well-Blended
Vegetables



Soft, Flaked Fish



Mashed Beans & Lentils



Applesauce & Ripe Bananas



Hummus



Soft Tofu

Foods to Set Aside For Now



Crunchy Foods



Chewy or Tough Foods



Spicy Foods



Acidic Foods



Small Hard Grains & Seeds



Very Hot Foods & Drinks



Carbonated Drinks



Alcohol



Drinking Through a Straw



Popcorn & Hard Candy

Suggested Meals

DAYS 1–3 · SOFTEST STAGE

BREAKFAST

Protein smoothie with banana & yogurt, or smooth, well-cooked oatmeal.

LUNCH

Blended vegetable soup (butternut squash or carrot) with mashed sweet potato.

DINNER

Mashed cauliflower with soft flaked fish, or pureed lentil soup.

SNACKS

Greek yogurt, applesauce, mashed avocado, protein shake.

DAYS 4–7 · TRANSITIONAL STAGE

BREAKFAST

Soft scrambled eggs with mashed avocado, or oatmeal with mashed banana.

LUNCH

Soft mac and cheese, or well-cooked pasta with a mild, smooth sauce.

DINNER

Tender baked fish or a moist ground meat casserole, with mashed potatoes and soft-cooked vegetables.

SNACKS

Cottage cheese, hummus with soft torn pita, pudding.



A Few Extra Tips



Let hot foods cool to lukewarm before eating.



Eat slowly, and chew away from your surgical sites.



Smaller, more frequent meals are often easier than three big ones.



We'll guide you on reintroducing texture at your follow-up visit.

This guide offers general suggestions to support your recovery. Always follow the specific instructions provided by Dr. Jandali and our team for your individual case, and reach out to us directly with any questions about your diet during healing.



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