

• WHAT'S ON THE MENU? •

First Week After Wisdom Teeth Removal

FIRST TWO DAYS

Foods that are semi-liquid and can be easily swallowed without much chewing. Consider smaller meals, 4-6 times per day vs. three large meals.



GOOD OPTIONS:

Jell-O, pudding, ice cream, applesauce, yogurt, soup, cottage cheese, & protein shakes



DAY THREE

Add foods that can be easily cut with a fork.

GOOD OPTIONS:

Eggs, bananas, avocados, oatmeal, mashed potatoes, pancakes, steamed vegetables, fish, meatloaf, deli meats, & soft pasta