

IMPLANT HYBRID (1st Week)

A non-chewing diet is important to follow for the week following surgery. When choosing foods, think VERY soft and calorie rich. The following is a list of a few items we recommend for the first 24 hrs. up to 1 week following surgery.

First 24 – 48 Hours (Cool Liquids)

- Pudding, Jell-O, Applesauce, Protein Drinks (Ensure), Milkshakes, Clear Broth and Milk

After 48 Hours, Until Your 1 Week Post-Op Appointment (Non Chewing Diet)

- Creamy Mashed Potatoes/ Sweet Potatoes/ Squash
- Mildly Seasoned Broth or Creamy Soups
- Scrambled Eggs
- Cottage Cheese
- Yogurt (NO SEEDS)
- Mashed Banana or Avocado
- Cream of Wheat (avoid oatmeal due to large oat pieces)
- Blended Smoothies (NO SEEDS)

**** AVOID ** the Following Foods:**

- Hot, Spicy, Citrus and Tomato based foods
- Steaming Hot foods
- Fruit/Berries with seeds (such as strawberries and raspberries)
- Drinking through a straw

We will discuss which types of food can be added to your diet at your 1 week post-op visit.

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