

50 Soft Foods To Eat After a Tooth Extraction

Here are 50 tasty and easy-to-eat foods to satisfy your cravings without causing any discomfort to your teeth.

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| 1. Mashed potatoes | 25. Rice pudding |
| 2. Mashed avocado | 26. Baked apples |
| 3. Scrambled eggs or poached eggs | 27. Refried beans |
| 4. Applesauce | 28. Risotto |
| 5. Smoothies with protein powder | 29. Frittata |
| 6. Greek yogurt | 30. Pureed fruits |
| 7. Oatmeal | 31. Butternut squash soup |
| 8. Cottage cheese | 32. Ice cream or frozen yogurt |
| 9. Banana | 33. Hummus |
| 10. Soft cheese | 34. Pancakes |
| 11. Pudding | 35. Cheesecake filling |
| 12. Broth-based soups | 36. Canned fruit in syrup |
| 13. Polenta | 37. Milkshakes |
| 14. Rice porridge | 38. Egg salad |
| 15. Steamed spinach | 39. Jell-O |
| 16. Soft tofu | 40. Deli meat |
| 17. Baked sweet potato | 41. Noodle soup |
| 18. Creamy peanut butter | 42. Ground chicken or beef |
| 19. Macaroni and cheese | 43. Non-acidic juice |
| 20. Custard | 44. Cottage cheese |
| 21. Soft cooked vegetables | 45. Soft bread |
| 22. Soft melon pieces | 46. Pureed pumpkin |
| 23. Mousse | 47. Soft noodles |
| 24. Soft flaked fish | 48. Mashed pumpkin |
| | 49. Baby foods |
| | 50. Cream of wheat |

Incorporate soft, nutritious foods after a tooth extraction to ensure you get the essential vitamins, minerals, and other nutrients needed for a speedy and healthy recovery.

Do's and Don'ts

To ensure proper healing and to avoid any complications, it's essential to follow these do's and don'ts when eating after a tooth extraction:

Do

- Opt for foods that require minimal chewing and can be easily swallowed.
- Keep your meals balanced with fruits, vegetables, proteins, and grains that are soft.
- Stay hydrated with plenty of water.
- Eat slowly and chew carefully to avoid irritating the extraction site.
- Take any prescribed pain medication before meals, if needed.

Don't

- Avoid using a straw, as suction can dislodge blood clots and delay healing.
- Avoid hot, acidic, or spicy foods that irritate the extraction site.
- Do not consume alcohol or smoke cigarettes, as they can delay healing.
- Do not eat hard, sticky, or crunchy foods that can damage the extraction site or cause discomfort.