

Liquid Diet Suggestions (Month #1)

The bone around the implants is very soft after surgery and cannot withstand heavy pressure. Following the liquid diet is critical for successful implant integration (bone growth around implant).

- **1st 72 hours**
 - *You should not eat or drink hot foods (hot food and/of drinks can cause increased bleeding)*
 - *Not eating for 1-2 days is not a big concern; however, it is extremely important to drink fluids.*
 - *Do not eat foods or drink juices with citric acid, such as oranges, grapefruit, orange juice, etc.*

- **LIQUID IDET SUGGESTIONS (DO NOT eat anything that you must chew first)**
 - **Popsicles/sorbet/ice chips (ok to suck on these 48 hours after surgery)**
 - **Meal replacement drinks (i.e. Ensure, Slim Fast, MET-Rx, etc.)**
 - **Soups without chunks**
 - **Yogurt** (If you usually eat yogurt, you may have frozen yogurt or regular yogurt. If you do not usually eat yogurt DO NOT start at this point as this may cause gastric problems)
 - **Fruit and/or vegetable juices**
 - **Carbonated beverages**
 - **Coffee**
 - **Tea**
 - **Gelatin**
 - **Milk**
 - **Pudding/Jell-o**
 - **Cream of wheat**
 - **Honey**
 - **Pureed fruits and vegetables (use seedless fruits)**
 - **Cottage Cheese**
 - **Apple Sauce**
 - **Soft ice cream**
 - **Smoothies/Protein Drinks**

Enjoy your new beautiful smile.