



Diet Modification Guidelines

You are being asked to modify the way you consume and chew food for a period of time. This is essential to the healing of your implants and/or the maintenance of your provisional (temporary) restorations. Keep in mind that by following these guidelines for a relatively short period of time, you are doing your part to ensure the long-term integration and stability of your dental work.

Please follow these guidelines until your next appointment, and do not hesitate to reach out to us with questions.

- “Baby food” diet
 - Please consume only foods that are liquid, or can be consumed without chewing.
 - OK: Any smoothies, soups, yogurt, eggs, mashed vegetables, very soft rice and risotto, oatmeal, shredded cheese.
 - AVOID: Anything that you would have to chew more than 2-3 times in order to eat.

- “Plastic fork” diet
 - Please consume only foods that you would be able to eat with a cheap plastic fork. No foods that require cutting, chewing extensively, or tearing.
 - OK: All of the above and cooked vegetables, tender meats, fish, soft fruit cut into small pieces, soft pasta, very soft bread.
 - AVOID: Bread crust, sandwiches, tough meats, tacos, pizza, salads (tender greens OK but avoid any nuts, croutons etc), most raw fruits and vegetables.

- “Knife and fork” diet
 - No biting into anything, tearing, or hard foods. Most cooked foods are OK but please chew mindfully as your teeth should not be working too hard. Avoid chewing on the side of the implant, if applicable.
 - OK: All of the above, but firmer vegetables, meats, cereals and pasta are generally OK if eaten “knife and fork” style. Eat sandwiches and burgers with a knife and fork.
 - AVOID: Raw vegetables, apples, sandwiches with crusty bread, tacos.

- “Nothing sticky or hard” diet
 - You may use your teeth to chew most foods but nothing too hard or sticky that could dislodge the provisional (temporary) restoration(s).
 - AVOID: Hard/sticky energy bars (like Rx bars or KIND bars), caramels and taffys, raw carrots, crusty bread, pizza crust, nuts, biting into any bone-in meats like wings or ribs.