

What to Eat/Drink and What NOT to Eat/Drink after Tooth Extraction, Until Healed *(3-4 days)*

Foods to Eat	Foods to Avoid
Room temperature soup	No straws!
Room temperature oatmeal, grits, or cream of wheat	Nuts or other hard foods
Fish	Peanut butter or other chewy/sticky foods
Frozen yogurt/ice-cream	Popcorn, chips, or other crunchy foods
Soft greens (collard, kale, spinach)	Spicy foods
Yogurt	Hot (temperature) foods and drinks
Applesauce	Alcohol
Mashed potatoes , yams, or other soft vegetables	Granola bars/granola or other crumbly foods
Smoothies	Lemons/limes or other acidic foods
Scrambled eggs	
Jell-O or pudding	
Room temperature stew or chili	
Soft avocados	