

It can take several weeks to fully heal after a tooth extraction. To support healing, it is important to follow an OMS-approved plan of what to eat after wisdom tooth surgery. The mouth and gums will be very sensitive post-procedure, and while patients can build up a tolerance to more solid foods as time progresses, sticking to very soft or liquid options throughout will give the best results.

What to Eat Immediately After Wisdom Tooth Surgery:

Because the mouth will be in a very delicate condition for the first few days, oral and maxillofacial surgeons (OMSs) recommend eating only soft or liquid-based foods immediately after a tooth extraction.

- Anything that can be swallowed with minimal chewing is ideal, such as yogurt, applesauce, broth, soups, and ice cream.
- Soft pureed foods are recommended. Harder foods can be softened in milk or broth to a mushy consistency, and blenders can puree nutrient-rich foods.
- Smoothies are a great way to add protein and vitamins to a diet after wisdom tooth extraction, but avoid drinking through a straw to allow the gum tissue to heal undisturbed.

Additional Foods to Consider:

As wisdom tooth recovery progresses, patients can begin to add semi-solid foods back into their diets, per their OMS's recommendations. Hearty options such as these are filling and will put minimal stress on the mouth and gums:

- Oatmeal
- Mashed potatoes
- Scrambled eggs
- Very soft pastas
- Finely cut meats and fish

Regardless of diet, chewing near the extraction site should be avoided if possible, so as not to inflame the area. If food becomes lodged, it is important to rinse with warm salt water and avoid over-the-counter mouthwash.

Foods to Avoid After Wisdom Tooth Surgery:

While healing from wisdom tooth extraction, there are foods and drinks that should be avoided. When planning a post-surgery diet, oral and maxillofacial surgeons recommend leaving foods such as these off the menu:

- Acidic fruits, such as oranges and tomatoes
- Carbonated drinks, including sodas and sparkling waters
- Hard seeds, nuts and popcorn
- Difficult-to-chew candies, such as taffy
- Spicy foods
- Hot drinks

Each of these foods has the potential to irritate gum tissue or otherwise complicate the healing process.