

Diet Instructions

- **The first three days** following Laser Therapy, follow **only** a liquid like diet to allow healing. Anything that can be put into a blender to drink is ideal. Consider Ensure, Slim-Fast, and other nutritional drinks. The purpose of this is to protect the clot that is acting as a “band aid” between the gum and the teeth. **Do Not** drink through a straw, as this creates a vacuum in your mouth that can disturb the “band aid.” Take daily vitamins.
- **Days four through seven** following treatment, foods with a “mushy” consistency such as those listed below are recommended. (***See Below**)
- **Seven to ten days** after treatment, you may reintroduce soft foods like pasta, fish, chicken, or steamed vegetables back into your diet.
- **After ten days**, you may gradually add back your regular diet choices.

Please remember that even after ten days healing is not complete. The first month following treatment, you should continue to make smart food choices. Softer foods are better.

*Diet Suggestions

- DAILY VITAMINS!!!
- Anything put through a food blender
- Cream of Wheat, Oatmeal
- Mashed banana, mashed avocado, applesauce
- Mashed potatoes or baked potatoes OK with butter and sour cream
- Broth or creamed soups
- Mashed steamed vegetables
- Mashed yams, baked sweet potato or butternut squash
- Cottage cheese, cream cheese, or soft cheeses
- Eggs any style, with or without melted cheese
- Omelets can have cheese and avocado
- Jell-O, pudding, ice cream, and yogurt
- Milk shakes, smoothies – OK to blend with fruit except NO BERRIES with SEEDS
- Ensure, Slim Fast, nutritional drinks

DO NOT EAT

- Chewing gum, candy, cookies, chips, nuts
- Anything hard or crunchy
- Anything with seeds

- Raw vegetables / Salad
- Meat that shreds and can lodge under gums and between teeth