



OLNEY CENTER

— For Oral & Maxillofacial Surgery —

Anis Tebyanian DMD, MD

Diplomate American Board of Oral & Maxillofacial Surgery

ALL ON X IMPLANT DIET

After your surgery, what you eat in the days and weeks following can help determine how quickly your gums and dental implants will heal, and how well you feel while recovering. To keep your body healthy and prevent loss of muscle mass during your recovery, it is recommended that you eat a good balanced variety of foods. Take the time to eat well, choosing foods you know to be delicious and nutritious.

Each day you should aim to consume/eat some foods from all the food groups listed in the table on pages 2-3. **All the food must be prepared, in a way that NO CHEWING is required.** You should be eating enough food to satisfy your hunger. Be sure to eat enough calories to help sustain your body through the healing process.

Since you will be taking antibiotics and prescribed pain medication, eating the right foods will also help prevent complications from these medications which could include constipation, post-op infection or pain.

Oral hygiene is a very important part of your recovery. It will support the healing and recovery process. Day one after ALL ON X Surgery, begin using the prescribed mouth rinse, follow the directions as per the prescription. You may, with a “soft” toothbrush gently brush your natural teeth and prosthesis. DO NOT brush your gums. After a week (7 days) you should start to use a Water-pik to gently clean between the gum and prosthesis.

Rest and relax with no physical activity for the first 3 days after ALL-ON-X surgery

Following your surgery, your jaw may be tender and sore, to prevent any additional strain on the surgical area, it is recommended that the jaw is rested, and you do minimal chewing during your recovery.

Therefore, only very soft and moist foods that DO NOT require chewing should be chosen.

FOODS TO CHOOSE

FOODS TO AVOID

For Protein

Scrambled or runny poached egg

Hard boiled or fried eggs

Very soft and moist pureed cooked meats

Chunks of meat

Well mashed beans or legumes

Fried fish, chicken, or meat

Crunchy peanut butter

For Dairy

Milk

Hard cheese

Ice-cream or frozen yogurt

Melted cheese

Ricotta or cottage cheese

For Breads & Cereals

Oatmeal or Cream of wheat

Dry cereals

Other cereal soaked well with milk

Bread, toast, rolls, pastries, muffins

Very soft, well-cooked small pasta

Sweet or savory crackers

Very soft, well-cooked rice (moist risotto, moist rice pudding)

For Vegetables

Pureed soft, cooked vegetables

Raw vegetables

Finely mashed soft, cooked vegetables

Fried vegetables

For Fruit

Pureed fruit

Dried fruit

Mashed fruit

Soft canned fruit

Drink

Your weight in fluid ounces of water per day ex: (180 pounds =180 fluid ounces, per day)

Freshly squeezed juice (Vitamin C strengthen your gums)

Ice cold milkshakes / Smoothies / Protein Shakes / Nutrition Drinks (Ensure, Boost)

Meals: All these suggestions must be prepared, blended, pureed so that NO CHEWING is required

Breakfast

Oatmeal, cream of wheat, semolina – all cereals need to be softened with warm milk.

Very moist scrambled or runny poached eggs.

Mashed stewed or canned fruit (apricot, apple, peach) or mashed soft, fresh fruit (banana)

Fruit smoothie or milkshake.

Lunch / dinner

Pureed canned or homemade soups with meat, vegetables, barley, canned legumes, cooked split peas, or pasta.

Pureed casseroles or stews.

Very moist scrambled egg or moist, steamed fish. Serve with well mashed or pureed vegetables.

Snacks

Custards, yogurt & other dairy desserts

Puree fruit – canned, stewed, fresh

Jelly, mousse, crème caramel

Moist creamed rice or traditional pudding

Cheesecake without crust

Milk (Almond, Soy, Rice) drinks –smoothies, milkshakes

Nutritional supplement drinks

It is likely that you will be eating less food than you would have before the surgery. To prevent weight and muscle loss you should choose high energy and protein foods. Eat small, frequent meals.

Boost the energy in your meals and snacks by adding extra:

Margarine, butter, oil, gravy, cream, mayonnaise, grated cheese, smooth nut butter.

Sugar, honey, syrup, ice-cream.

Boost the protein in your meals by adding eggs, cheese, milk, ice cream, yogurt, moist, pureed meat chicken, and fish.

Include 1-2 nutritional supplement drinks/day (Ensure, Boost, whey protein in smoothies)

In addition to choosing high energy and protein foods, a nutritional supplement can be an easy and comfortable way to consume some additional energy, protein, vitamins, and minerals.

There are many nutritional supplement drinks on the market, as a guide, choose a supplement that includes the following:

300 Calories per serving.

10-20 g protein per serving.

Added vitamins and minerals.

It is likely that you will need to drink at least 1-2 nutritional supplement drinks/day to prevent weight loss.

Monitor your weight, 10-15 pounds weight loss is normal. Notify your surgeon or contact your doctor if you are losing weight more than 30 pounds.