Redwood Pediatric Dentistry
Dr. Niekia Franklin, DDS, MSD • 4100 Redwood Rd., Suite 7A, Oakland, CA • (510) 413-7600

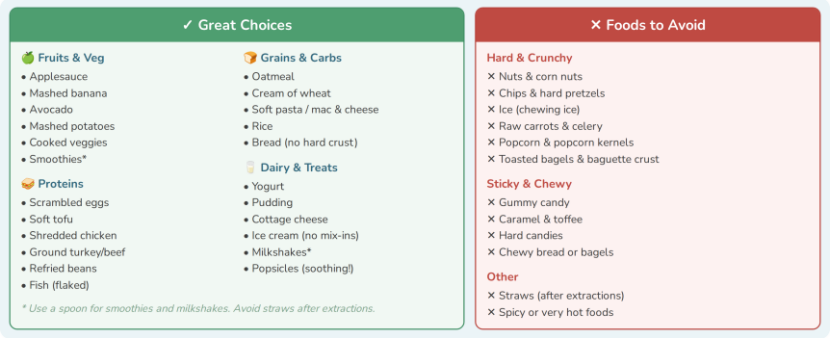
Post-Op Soft Foods Guide

After extractions, fillings, dental surgery, or trauma, soft foods protect the healing site, help materials set properly, and keep your child comfortable. Stick with soft foods for at least 1 to 3 days, or as long as Dr. Franklin recommends

1 When Do We Need Soft Foods?

- **Extractions:** 1 to 3 days minimum. Soft, cool foods are best for the first 24 hours.
- **Fillings and crowns:** avoid chewing on the treated side until numbness fully wears off to prevent accidental biting.
- **Dental surgery or trauma:** follow Dr. Franklin's specific timeline, which may be longer than 3 days.
- **When in doubt, choose softer:** there's no downside to being gentle with a healing mouth!

2 What to Eat and What to Skip



3 Tips for Picky or Hesitant Eaters

- **Temperature matters:** cold foods like yogurt, applesauce, and popsicles can be especially soothing after extractions. Avoid very hot foods for the first day.
- **Smoothie bowls:** blend favorites (banana, berries, nut butter if no allergy) into a thick smoothie and eat with a spoon. No straw needed.
- **Savory options work too:** mashed potatoes with butter, rice congee, soft soup with pastina or orzo, or scrambled eggs with soft cheese.
- **Ice cream is totally allowed:** stick to plain flavors without nuts, candy pieces, or crunchy mix-ins. A great reward for a brave patient!
- **Keep it on the other side:** even with soft foods, encourage chewing away from the treated area for the first couple of days.

Questions? We're always here!

If your child is refusing to eat, seems to be in significant pain, or you're not sure if a specific food is OK, just call or message us. That's what we're here for.

(510) 413-7600 • team@redwoodpediatricdentist.com

References

1. Brignardello-Petersen R et al. Surgical versus nonsurgical management of infected odontogenic cysts and tumors. J Oral Maxillofac Surg. 2017.

2. Bowe DC, Rogers S, Stassen LF. The management of dry socket/alveolar osteitis. J Ir Dent Assoc. 2011;57(6):305-310.

3. American Academy of Pediatric Dentistry. Guideline on pulp therapy for primary and immature permanent teeth. Pediatr Dent. 2016;38(6):280-288.

Disclaimer: All information reflects the clinical approach of Dr. Niekia Franklin and is intended for general guidance only. Instructions given during your visit always take precedence. • www.redwoodpediatricdentist.com