



Hard Foods to Specifically Avoid
Temporaries and Braces until they are removed
Surgery and Dentures for the first week
Fillings, Crowns, and Bridges for the first day

Hard raw fruits and vegetables (apples, corn on the cob, carrots)
Hard rolls
Tough meats (steaks, ribs, Italian beef, beef jerky)
Bones and fruit pits
Hard chips (tortilla, Krunchers)
Popcorn
Hard and chewy candies (taffy, caramel, jawbreakers)
Gum or gummy candy (even if sugarless)
Pizza
Granola bars and cookies are usually a problem, even if “soft”
Nuts and seeds
Ice

Some Suggested Soft Foods
(Similar Foods are also OK)

Soups
Jellos
Potatoes
Macaroni and cheese and most well-cooked pasta or noodles
Eggs and most meats (ground meats, chicken, turkey, pork, roast beef)
Soft breads, soft cereals, hot cereals
Soft cooked or canned vegetables
Salads are usually OK, use your discretion
Soft cheeses
Soft ice cream and shakes
Rice or similar cooked grains
Beans

If you find that something feels dislodged or misaligned, please call our office right away.