

POST-EXTRACTION SHOPPING LIST

Night & Day Emergency Dentist — Patient Recovery Resource

CRITICAL RECOVERY RULES (FIRST 48 HOURS)

- **Strictly No Straws:** The suction force can dislodge the healing blood clot and trigger a painful dry socket condition.
- **Temperature Control:** Avoid hot meals or beverages that can dissolve the developing clot. Serve everything lukewarm or cold.
- **Avoid Hidden Irritants:** Steer clear of tiny seeds or grains (like rice or berry seeds) that can lodge deep in the socket structure.

PROTEIN-PACKED ESSENTIALS (FOR RAPID TISSUE REPAIR)

- Fluffy Eggs *(Scrambled or soft-poached are ideal)*
- Greek Yogurt *(Plain, soothingly cold, high-protein nutrition)*
- Protein Shakes / Nutritional Drinks *(Remember: cup or spoon only!)*
- Silken Tofu *(Very soft texture; excellent blended into smooth recipes)*
- Creamy Hummus *(Eat directly with a spoon; strictly no crunchy crackers)*
- Cottage Cheese *(Soft curd option rich in slow-release casein proteins)*
- Flaky White Fish *(Cod, plaice, or haddock — verify completely boneless)*
- Lentils / Dal *(Cooked thoroughly and fully puréed into a smooth texture)*
- Refried Beans *(Mash completely smooth and top with a little melted cheese)*
- Protein Mousse *(A smooth, sweet alternative for hitting daily macronutrients)*



COMFORTING CARBOHYDRATES (FOR VITAL HEALING ENERGY)

- Classic Mashed Potatoes *(The standard recovery selection; serve lukewarm)*
- Mashed Sweet Potatoes *(Packed with restorative Vitamin A to accelerate healing)*
- Overcooked Tiny Pasta *(Tiny stars or macaroni boiled until completely soft)*
- Creamy Polenta *(Cooked down completely with milk or clear broth)*
- Soft Risotto *(Simmered heavily until the grains require no chewing force)*
- Porridge / Congee *(Rice or oat porridge prepared into a completely smooth mash)*
- Fluffy Couscous *(Tiny grain alternative requiring minimal jaw activation)*
- Plain Pancakes *(Soft, plain recipe allowed to cool entirely to lukewarm)*
- Soft White Bread *(Ensure all outer crusts are removed entirely before eating)*
- Mashed Ripe Bananas *(Provides great natural sugars and vital potassium)*



FRUITS & VEGETABLES (VITAMINS FOR CELL REPAIR)

- Smooth Applesauce *(Sweet, cooling, and completely non-acidic choice)*
- Mashed Avocado *(Provides healthy dietary fats in a soft, buttery texture)*
- Puréed Carrots or Squash *(Heavily steamed and blended entirely smooth)*
- Puréed Spinach *(Incorporate into blended vegetable soups for an iron boost)*
- Clear Bone Broth *(An excellent hydrating source of skin-healing collagen)*
- Canned Fruit *(Peaches or pears chosen skinless and mashed soft with a fork)*
- Seedless Watermelon *(Highly hydrating option; verify all seeds are out)*



DAIRY & COOLING TREATS (TO SOOTHE SWELLING)

- Plain Ice Cream *(Strictly no cones, hard toppings, or chocolate chips)*
- Smooth Sorbet *(An excellent dairy-free cooling alternative to reduce swelling)*
- Custard / Rice Pudding *(Classic, calorie-dense comfort treats served cool)*
- Fruit Jelly or Mousse *(Zero chewing structure required to break down)*
- Natural Kefir *(Helps stabilize gut flora if you are taking antibiotics)*
- Soft Spreadable Cheeses *(Brie, Camembert, or smooth cream cheese varieties)*
- Smooth Nut Butters *(Enjoy on a spoon in tiny, controlled amounts)*

If you experience severe throbbing pain, worsening swelling, or uncontrolled bleeding, contact our clinical helpline immediately.

Night & Day Emergency Dentist | Open 24/7, 365 Days a Year