

Eating Style after Oral Surgery

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Abstract

If a person able to enjoy their meal then it has a tremendous impact on overall quality of life. People who have healthiest and excellent eating habits report higher satisfaction in life, both mentally and physically very well. Unfortunately, when a person goes through severe mouth pain, mealtime can feel like a chore.

One of the greatest benefits of choosing for dental implants that look and feel like real teeth is the efficiency to take back control of eating habits. People those are undergoes through this surgery are always share their experience like how much more they enjoy their meals following a procedure, and how much healthier they feel after surgery that they can enjoy a wider variety of nutrition options. And also said how they save time not having to worry about food preparation every day.

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Introduction

After surgery it is necessary to follow a temporary soft food diet because at new teeth make the process of getting permanent teeth as fast and comfortable as possible. Services are offered all in one location. The same day when people come in for surgery they will leave with teeth. There is a clean recovery period after most procedures when patients are outfitted with temporary acrylics until the permanent zirconia are ready. Recovery from procedure does not take long, and doctor will let them know how much time patient will need to wait before get back to enjoying the foods they love. In the meantime, Nutritionist prepared some ideas to help patient who is looking for more variety in their soft food diet.

Normally patients follow different methods to make foods softer or turn hard food into softer like Food processors by which Processing their food gives them control over the texture and consistency of their food. Blenders by which, it's sometimes easier to drink meal for patient. They can turn many foods into a smoothie with a powerful enough blender. By the help of mashers they can mash food when they want to retain some of the chunky texture of a cooked vegetable. This is not exclusive for potatoes. Cauliflower, beans, peas, and carrots like this, can all be mashed into potato like consistency. Then comes to slow cookers when food was cooked for longer and slower, then the more tender and juicier it will become. Be careful, because not everything that can be slow cooked will have a soft enough

texture to champ. This is up to patient discretion. Steamers is an alternative to boiling, steamed foods tend to lose fewer nutrients to the surrounding water giving the food a different texture and flavor. By boiling food all kinds of foods can be boiled. Pasta, rice, soup, stew, vegetables, and more which is depending upon what patient was preparing, it can change the whole eating experience because a boiled egg is totally different than a fried egg. And a person may follow cutting food into small pieces process because smaller bites are easier to chew. It's as simple as that.

List of Different Types of Eatables Patient can enjoy after Surgery

There are various ways to covert insipid soft food into yummy food by adding different ingredient or spices into it. In below there is a list of different eatables which oral surgery patient have to follow.

Potatoes

There are many various types and ways to prepare a potato. Sweet potatoes are a healthiest and delicious option as well. Try to avoid the potato skins because these are more challenging to chew.

Well cooked vegetables

Doctors recommend, steaming, boiling or microwaving vegetables. There is two option, quickly steam in bag options and pre prepared vegetable available in most frozen food aisles.

Pastas

When a patient has sores or stitches on mouth that time careful about using red sauce or other acidic sauces as they can irritate the wound. Better to avoid preparing al dente pasta as this can be stickier and more difficult to champ.

Cooked rice

Now a day lots of pot recipes are available online that incorporate different types of rice and vegetables. Sushi or pearl rice is sticky, which you will want to avoid.

Soft breads

Soft white breads, ryes, dinner rolls and most pre-packaged loaves are safe to eat for a patient. When making these dishes, avoid that crunchy crusts or tough dense breads like bagels and homemade breads.

Soups and stews

There are endless soups and stew recipes available on online, especially well on cold winter days. The longer you let ingredients simmer on the stove, the softer they become and after adding some special spices to it, it became mouthwatering and healthiest also.

Fish

There are many varieties of fish which are extremely healthy and easy to chew and never forget to remove the skin before eating.

Ground meat

Patient may not be able to enjoy a steak, but something like meatloaf is still on the table. A lean ground meat product can also be a healthiest addition to an existing recipe of a patient.

Pureed meats

May not the best option on its own, pureed meats can be added to soups, sauces and many other soft food recipes, adding more variety to your diet.

Canned meats

Canned tuna, chicken, pork or other sea foods can provide low irritation protein additions to a meal. Depending on the brand and packaging process etc. they are basically soft right out of the can.

Eggs

As everyone loves to eat this and a healthy option for everyone patient can try there are various recipes to prepare egg dishes like scrambled, fried, boiled, poached etc. Eggs recipes are very easy to prepare, and there are many ways to customize form of an egg dish.

Tofu

A very good source of protein and nutrients, tofu has its own

personality in how it's prepared and doesn't have to be used as a meat or egg substitute when preparing a soft food meal.

Savory pies

Be careful when choose a pie with soft fillings after oral surgery. There are many pre made potpie varieties which are softer enough to eat. Keep in mind that the crust should be soft and not over baked.

Casseroles

While prepared foods can add a crunch to most recipes, many casseroles are great soft food recipes. There are also chances to get creative with these recipes. Make sure to serve patient from the middle of the casserole dish.

Beans

Beans can be mashed and work well either as a side or as the feature item of a soft food recipe.

Hot cereals

As before mentions that are can be substituted for certain recipes worth trying including oatmeal, grits, barley, quinoa and buckwheat.

Spreads and dips

There are so many delicious options to add some extra flavor to a soft food dishes. Some ways include hummus, guacamole, spinach dip, yogurt dip, fish dip, cream cheese etc.

There are various eatable that can break temporaries or prolong healing after dental surgery which has to avoid by a patient listed below.

- Hard or crunchy foods like pizza crust, nuts, seeds, chips or crackers, deep fried foods etc.
- Raw foods like raw vegetables, unripe fruits, rare or under cooked meats, steak etc.
- Sticky or gummy foods like some uncooked cheeses, candies and gum, dense bread or pastries etc.
- Dried foods like jerkies, dried fruits, uncooked noodles, banana chips, bacon, cured fish etc.

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