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Pediatric Dentistry
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30 Soft Foods to Eat After a Tooth Extraction

After a tooth extraction, choosing the right foods can make a big difference in how comfortably your child heals. Soft foods help protect the extraction site, reduce irritation, and make eating easier while the mouth recovers.

For the first 24 to 48 hours, stick to foods that require little to no chewing and are served cool or lukewarm, since hot foods can increase bleeding and discomfort.

30 Soft Food Ideas

- Yogurt
- Applesauce
- Mashed potatoes
- Scrambled eggs
- Smoothies *(drink from a cup, not a straw)*
- Oatmeal
- Cottage cheese
- Pudding
- Gelatin
- Lukewarm soup
- Broth
- Macaroni and cheese
- Soft pasta
- Rice
- Avocado
- Banana
- Pancakes
- Soft bread without crusts
- Hummus
- Cream cheese
- Soft tofu
- Ice cream in moderation
- Frozen yogurt

- Mashed sweet potatoes
- Well-cooked vegetables like carrots or zucchini
- Mashed cauliflower
- Soft noodles
- Polenta or grits
- Soft fish
- Soft-cooked beans

Foods to Avoid

For the first few days, avoid foods that could disturb the healing area or get trapped in the socket.

- Crunchy foods like chips, popcorn, and crackers
- Sticky foods like chewy candy or gum
- Hard foods like nuts, pretzels, or raw vegetables
- Spicy foods that may irritate the area
- Very hot foods or drinks
- Small foods that can get lodged in the area, such as seeds or rice grains

Helpful Eating Tips

A few simple habits can make healing easier:

- Avoid straws for several days
- Drink from a cup instead
- Encourage small bites
- Chew on the opposite side when possible
- Offer plenty of water throughout the day
- Start with cooler foods on the first day
- Slowly return to more solid foods as comfort improves

When Can Your Child Resume Eating Normal Foods?

Most children can slowly return to their usual foods within a few days as the area starts to feel better. The exact timing depends on which tooth was removed and how quickly your child heals.

If the area is still sore, continue soft foods a little longer and follow the aftercare instructions from your pediatric dental team.