



IMPLANT HYBRID (Week 2 through Definitive/Permanent Phase)

You can now introduce “**Easy to Chew**” foods to your diet. Anything you can easily cut with a fork. Here’s a list of suggestions:

- Soft/Tender Fish
- Soft/Tender Chicken
- Pasta (Spaghetti / Lasagna)
- Beef Stroganoff

Stay away from hard crunchy foods where you would be using a lot of force, such as:

- Nuts/Seeds
- Popcorn (Hulls)
- Hard candy
- Chips/ Pretzels
- Hard Crusts (French Bread)
- *If you can hear yourself chewing, the food is too hard.*

Do not use the front teeth for tearing into foods such as:

- Brats/ Hot dogs
- Hamburgers
- Sub Sandwiches
- These items are ok to eat as long as you cut them into pieces before eating.
- *The front teeth are for speaking and smiling, not biting.*

From this point, until the definitive prosthesis is made, it is important for you to follow these instructions. The Interim (Temporary) Prosthesis is all plastic with no metal framework. It is quite strong, but not strong enough to withstand tremendous forces. The definitive prosthesis will have a titanium bar throughout the entire prosthesis which gives it its strength. Once the definitive prosthesis is inserted, you will be able to resume a normal diet.