

Grocery LIST

PRODUCE

- ☐ Apple Sauce
- ☐ Avocados
- ☐ Bananas
- ☐ Mashed Potatoes or Sweet Potatoes
- ☐ Steamed Vegetables

DAIRY

- ☐ Yogurt
- ☐ Cottage Cheese
- ☐ Ice Cream

NON-DAIRY

- ☐ Sorbet

PANTRY

- ☐ Broth
- ☐ Cream of Wheat®
- ☐ Jell-O® / Pudding
- ☐ Mac & Cheese
- ☐ Well Cooked Pasta
- ☐ Pancakes
- ☐ Pureed Soup
- ☐ Refried Beans
- ☐ Table Salt
- ☐ Tea Bags

OTHER

- ☐ Tylenol® or Extra Strength Tylenol®

PROTEIN

- ☐ Fish
- ☐ Eggs
- ☐ Meatballs
- ☐ Moist Chicken
- ☐ Peanut Butter

DRINKS

- ☐ Juice
- ☐ Protein Shakes
- ☐ Smoothies



NOTES

- **DO NOT rinse until the day after surgery.**
Then rinse with a cup of warm water mixed with a half teaspoon of salt at least 5-6 times a day, especially after eating.
- Your food intake may be limited for the first few days, so increase your fluids.
Drink at least **5-6 glasses of liquid daily** and try not to miss any meals.
- Some bleeding is to be expected following surgery. See more information to the right.

Excessive bleeding may be controlled by first rinsing or wiping any old clots from your mouth, then placing a gauze pad over the area and biting firmly for thirty minutes. If bleeding continues, bite on a moistened tea bag for thirty minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels.

To minimize further bleeding:

- Do not become excited
- Sit upright
- Avoid exercise

**IF BLEEDING DOES NOT
SUBSIDE, CONTACT
OUR OFFICE.**