



POST-SURGICAL DIET SUGGESTIONS

FIRST 5 DAYS FOLLOWING PERIODONTAL SURGERY:

Liquid Diet:	Juice Protein shakes	Ensure Slim-Fast	Broth Tomato Soup	Yogurt V-8
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FOLLOWING 2 WEEKS:

Soft Food Diet:	Apple Sauce Cottage Cheese	Jello Scrambled Eggs	Mac & Cheese Soft Pasta Dishes	Mashed Potato
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FOODS TO AVOID FOR 3 WEEKS:

Soft Food Diet:	Spicy foods Crunchy foods (chips)	Hot foods Sandwiches	Small seeds Carbonated beverages	Popcorn Alcohol
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- **Never** use straws
 - **Never** smoke

***ICE PACKS:** Mix 1 cup rubbing alcohol with 2 cups H₂O. Pour into 2 ziplock bags (double bag) and freeze.

NOTES:

**Homemade ice packs*