

DIET GUIDE AFTER SURGERY

FIRST 2-4 HOURS



Clear fluids (apple juice, ginger ale, luke warm coffee/tea, broths)



Smoothies & protein shakes, yogurt, apple sauce, cottage cheese, ripe skinless fruit



Pureed or blended soups, instant oatmeal, cream of wheat



Mashed potatoes, Jell-O, pudding, jam, seedless jellies, hummus



Soft boiled or scrambled egg



Soft cheeses (brie, camembert, gorgonzola, camembert)



Pastas, macaroni & cheese



Sashimi, salmon, tofu

FIRST DAY TO 5TH DAY



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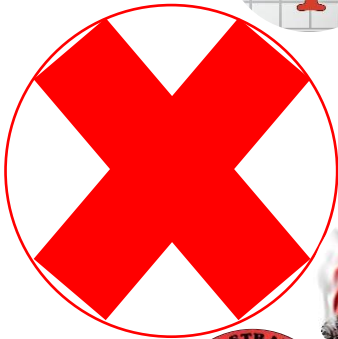


Avoid acidic and spicy foods, Alcoholic beverages, Difficult-to-chew, crumbly, crunchy foods



Grains, popcorn, seeds, nuts, chips, strawberries, kiwis, hard crackers

WHAT TO AVOID AFTER SURGERY



No smoking for at least 5 days



No straws for at least 5 days