

Grocery List

Here are a few items you may want to get from the store to make your healing process a bit more comfortable after surgery.

Jello

Cream of Wheat

Applesauce

Soup

Mash Potatoes

Yogurt

Smoothies - no seeds (with a spoon)

Pudding

Macaroni & Cheese

Ice Cream

Sorbet

Salt

(Mix into warm water, use to gently rinse)

Tea Bags

(If needed, use in place of gauze. This helps the healing process. Use with No spice or Caffeine)

While pureed foods and drinks are easy to swallow, it is important to strive for a balance of protein and fiber after having Oral Surgery since the temptation is to stick with juices which do not provide the necessary nutrition.

REMEMBER

NO STRAWS, NO SPITTING, NO SMOKING & NOTHING HOT!!!