



1587 VERNON ROAD • LAGRANGE, GA 30240 • P (706) 884-2655

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FOOD LIST FOR SURGERY PATIENTS

DO NOT EAT ANYTHING HOT THE FIRST DAY AFTER PROCEDURE OR
AFTER SURGERY.

HOT FOODS CAN CAUSE EXCESSIVE BLEEDING AND MAY
BURN THE EXTRACTION SITE. ALSO YOU SHOULD NOT
EAT OR DRINK MILK PRODUCTS THE FIRST TWO HOURS
AFTER SURGERY.

EXAMPLE FOODS FOR THE 1ST DAY:

GATORADE / POWERADE
JELLO
PUDDING
YOGURT
ICE CREAM
FROSTY'S
LUKE WARM SOUPS
CREAM POTATOES

***ONLY COLD OR LUKE WARM FOODS
OR LIQUIDS, AND NOTHING THAT
REQUIRES GRINDING OF THE TEETH**

EXAMPLE FOODS FOR THE 2ND DAY:

CREAM POTATOES
SOUPS
MAC & CHEESE
EGGS
GRITS

***SOFT FOODS THAT ARE
COMFORTABLE TO EAT.**

FOODS YOU SHOULD NOT EAT FOR 1 WEEK:

POTATO CHIPS
POPCORN
TACOS
DORITOS
APPLES
CELERY
NUTS

***ANYTHING CRUNCHY**