



LAGRANGE

ORAL SURGERY & IMPLANT CENTER

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

Mykle A. Jacobs, D.D.S.

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**