

### **Suggested Post-Surgery Diet:**

- Milkshakes or smoothies (without straws or seeds)
- Pudding
- Jell-O
- Ice Cream
- Yogurt
- Apple Sauce
- Plain mashed or baked potatoes
- Mac-N-Cheese (overcooked)
- Soft/Overcooked Pasta
- Scrambled Eggs
- Plain Hummus
- Soup
- Cream of Wheat
- Flavored/Sport Drinks (without straws)

### **Foods to Avoid:**

- No straws. Any suction might result in dry socket.
- Carbonated drinks
- Acidic juice
- Anything spicy
- Anything hot
- These foods might get stuck in the extraction site:
  - Seeds, nuts, chips: anything hard or crunchy
  - Popcorn
  - Rice
  - Oatmeal

**\*\*Please note that chewing is NOT advised while numb\*\***

If you have any questions, please call us at (925) 685-3175

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