

DIET ADVICE FOLLOWING AN EXTRACTION

Solids

- Ice Cream (No nuts or small candy pieces)
- Milk Shakes (**Do Not Use A Straw**)
- Jell-O
- Pudding
- Mashed Potatoes and Gravy
- Macaroni and Cheese
- Yogurt

Liquids

- Fruit Juices
- Water
- Milk
- Very lukewarm beverages
- Gatorade
- Ensure Nutritional Drink
- Carnation Instant Breakfast

Remember: Law of gravity - everything goes down. You may experience food getting trapped in the sockets. On the 2nd day after extractions, you may start rinsing your mouth with warm saltwater (8oz glass of warm water with 1 tablespoon of salt). If you should have any questions or problems, please contact our office at any time.

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