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While periodontal therapy is not enjoyable for anyone, following the post-op instructions is the best way we know to make the healing phase as pleasant as possible. Remember our goal, as well as yours, is to retain your natural teeth in health and comfort. This surgical procedure is an important way that will help us both to achieve this goal.

SUGGESTED FOOD FOR THE DAY OF SURGERY

- **No HOT Food or HOT Beverages**
- Beverages
 - Water
 - Milk
- Miscellaneous
 - Slim Fast®
 - Milk Shake – **NO STRAW**
 - Jello®
 - Pudding
 - Pasta (cold)
 - Yogurt

SUGGESTED FOOD FOR THE FOLLOWING FEW DAYS OF SURGERY

- **NO STRAWS**
- Canned Food
 - Chopped mixed greens
 - Various beans
 - Various green peas
 - Soup
 - Cream Corn
- Bread
 - Rolls, Honey / Wheat with crust broken off, soft bread.
- Meat
 - Sliced Turkey Breast, Sliced Baked Ham
 - Fish Fillets (baked)
 - Hamburger
 - Meatloaf
- Breakfast
 - Eggs
 - Oatmeal
 - Cereals
- Beverages
 - Water
 - Ice Tea, Hot Tea, Coffee
 - Skim Milk
 - Hot Cocoa Mix, Ovaltine
- Miscellaneous
 - Ice Cream (chocolate topping)
 - Ensure/ SlimFast®

DO NOT EAT OR DRINK the FOLLOWING FOR 2 WEEKS AFTER THE SURGERY

- **SPICY FOOD, JUICE, POPCORN, CARBONATED DRINKS**