



WALNUT CREEK - DANVILLE
ORAL SURGERY
DRS. MARRE AND KHANDELWAL

DIET RECOMMENDATIONS

Diet Varies greatly from patient to patient. It is usually best to start with liquids or soft foods and return to a regular diet as tolerated. Generally anything that is soft to eat is okay.

Drink plenty of fluids to stay hydrated. **Avoid straws** for the **first 48 hours** as they can dislodge the blood clot and cause additional bleeding. Avoid hard and crunchy foods such as chips, crackers, candy, popcorn, peanuts, pretzels, or similar foods that may disturb the surgery site for **at least 5 days**.

No alcoholic beverages should be consumed for at least 24 hours post anesthetic or as long as you are taking the narcotic pain medications and antibiotics.

ON THE DAY OF SURGERY AND 3 DAYS POST-SURGERY:

Liquid (NO CHEW) Diet for the **first day** (Example: Broth, soup, milkshakes, ice cream, Ensure or other protein drinks)

Soft foods on day 2-3 (Example: Pasta, noodles, ravioli, ground beef, fish)

Try to resume a normal diet after day 5-6, once vigorous rinsing is tolerated.

Initially, you may feel more comfortable with a softer diet.

SUGGESTED FOODS

Soup, noodles, scrambled eggs, pasta, ravioli, pudding, yogurt, ice cream, juices, milkshakes, anything soft that you can swallow and not chew.