

• SHOPPING LIST •

PRODUCE

- Avocados
- Bananas
- Mashed Potatoes
- Well-Cooked Veggies



DAIRY

- Yogurt
- Cottage Cheese
- Eggs
- Ice Cream
- Popsicles



PANTRY

- Applesauce
- Pudding
- Oatmeal
- Pancakes
- Salt*
- Soup
- Soft-Cooked Pasta
- Tea Bags



PROTEIN

- Fish
- Deli Meats
- Ground Beef
- Peanut Butter



BEVERAGES

- Protein Shakes
- Juice
- Milkshakes/Smoothies

OTHER

- Ibuprofen 200mg
- Acetaminophen 500mg

NOTES:

- After 24 hours, add solid foods that can be easily cut with a fork.
- *After 24 hours, rinsing with warm saltwater or Peridex™ oral rinse is recommended.
- Using a moist tea bag may assist with blood clotting. (See instructions).

INSTRUCTIONS:

Excessive bleeding may be controlled by placing a gauze pad over the area and biting firmly for thirty minutes. If bleeding continues, bite on a moistened tea bag for thirty minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels. To minimize further bleeding, sit upright, do not become excited, and avoid exercise. If bleeding does not subside, call our office for further instructions.