

CAROLINA ORAL & FACIAL SURGERY P.A.

Bart D. Williams III, MD, DMD, FACS

Grocery List & Food Guidelines

Please contact us at 864.458.9800 with any questions
www.carolinaofs.com



Produce:

- Bananas
- Avocados
- Applesauce
- Mashed Potatoes
- Steamed Veggies



Pantry:

- Jell-O / Pudding
- Oatmeal
- Pancakes
- Soup
- Well-cooked Pasta
- Rice



Dairy:

- Yogurt
- Cottage Cheese
- Ice Cream



Beverages (no straws):

- Clear juices
- Smoothies
- Water



Protein:

- Grilled Fish
- Meatloaf
- Peanut Butter
- Eggs
- Beans and Lentils
- Soft, cooked, ground meats
- Protein Shakes



Over the Counter Medications:

- Ibuprofen 200mg
- Acetaminophen 500mg

Feel Better Facts

DAYS

1-2

Foods that are semi-liquid and can be **easily swallowed** without much chewing. Avoid excessively hot foods.

Ice cream, milkshakes, pudding, and yogurt--are ideal for the first two days.

Consider smaller meals, **4-6 times per day**. If you eat and drink regularly, you will feel better, maintain strength, have less discomfort, and heal faster.

DAYS

3+

Add foods that can be easily **cut with a fork**.

Avoid foods that are crunchy like chips, popcorn, nuts, or seeds for **4 weeks**.

Drink plenty of fluids. Avoid straws for 5 days.