

Grocery List

Produce

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

Dairy

- Yogurt
- Cottage Cheese
- Eggs
- Ice Cream

Protein

- Fish
- Meatloaf
- Deli Meats
- Peanut Butter

Notes

After 24 hours, add solid foods that can be easily cut with a fork.

* After 24 hours, rinsing with warm salt water is recommended.

Using a moist tea bag may assist with blood clotting. See instructions to the right.

Pantry

- Jell-O / Pudding
- Oatmeal
- Pancakes
- Soup
- Well-Cooked Pasta
- Table Salt*
- Tea Bags

Beverages

- Juice
- Protein Shakes



NO STRAWS!

Other

- Ibuprofen 200mg
- Acetaminophen 500mg

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 for further instructions:

651.233.2140 or 715.690.3040