



THE ORAL SURGERY CENTER

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 with pressure 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