



ORAL SURGERY ASSOCIATES & DENTAL IMPLANT CENTERS

Grocery List

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

The day after surgery you can gently start brushing your teeth.

After surgery you may still experience bleeding. If that happens place the gauze pad on site, and bite down firmly. If bleeding persists you may want to replace the gauze with a moist TEA BAG, and bite firmly for 15 minutes and replace. If excessive bleeding still continues call the office for assistance.

You may reach us Monday- Friday during regular business hours if you have any questions or concerns regarding the surgery.

www.georgia-oms.com



PANTRY

<input type="checkbox"/>	Grits
<input type="checkbox"/>	Jell-O / Pudding
<input type="checkbox"/>	Oatmeal
<input type="checkbox"/>	Soup
<input type="checkbox"/>	Tea Bags



DAIRY

<input type="checkbox"/>	Eggs
<input type="checkbox"/>	Ice Cream
<input type="checkbox"/>	Soft Cheese
<input type="checkbox"/>	Yogurt



PRODUCE

<input type="checkbox"/>	Applesauce
<input type="checkbox"/>	Avocados
<input type="checkbox"/>	Bananas
<input type="checkbox"/>	Mashed Potatoes



OTHERS

<input type="checkbox"/>	Juice
<input type="checkbox"/>	Protein Shakes
<input type="checkbox"/>	Ibuprofen
<input type="checkbox"/>	Nausea Medicine as directed
	** NO STRAWS**