

South Hill Periodontics

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RECOMMENDED FOOD LIST

For the **first 24 hours**, we recommend **cool, soft foods only**. Warm foods will cause swelling and bleeding.

ICE CREAM
ENSURE OR BOOST
SLIM FAST
MILKSHAKES (no straw)
YOGURT (w/o seeds)
JELL-O
PUDDING
COTTAGE CHEESE
APPLESAUCE
CHEESE

After the first 24 hours and for the next several days, you may include **warm, soft foods** to your diet.

SOUP
OATMEAL
NOODLES
SQUASH
MASHED POTATOES
PASTA
RICE
SCRAMBLED EGGS
FISH (tender)