

# *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)