

PKM

Oral surgery made personal

GROCERY LIST & FOOD GUIDELINES



PRODUCE

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



DAIRY

- Yogurt
- Cottage Cheese
- Ice Cream
- Eggs



PROTEIN

- Fish
- Meatloaf
- Deli Meats
- Peanut Butter



PANTRY

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



BEVERAGES (NO STRAWS)

- Juice
- Protein Shakes



OTHER

- Ibuprofen 200mg
- Acetaminophen 500mg

- ✔ Avoid excessively hot foods, especially as to not burn yourself.
- ✔ Cold foods—ice cream, milkshakes, instant breakfast, pudding, and yogurt—are ideal.

- ✔ Avoid citrus (like orange juice) as it can irritate the surgical area.
- ✔ DON'T SKIP MEALS.
- ✔ DRINK PLENTY OF FLUIDS.
- ✔ NO STRAWS FOR 7 DAYS.

Please contact us at 480.685.9696 with any questions.