

PKM

Oral surgery made personal

POST-SURGERY MENU GUIDE

DAYS

1&2

Foods that are semi-liquid and can be **easily swallowed** without much chewing.

Consider smaller meals, **4-6 times per day** vs. three large meals.

IT IS IMPORTANT TO **NOT SKIP MEALS**. (If you eat and drink regularly, you will feel better, maintain strength, have less discomfort, and heal faster.)

GOOD OPTIONS

Jell-O

Pudding

Ice Cream

Applesauce

Yogurt

Soup

Cottage Cheese

Protein Shakes

DAYS

3+

Add foods that can easily be **cut with a fork**. Avoid foods that are crunchy like chips, popcorn, nuts or seeds for **6 weeks**.

GOOD OPTIONS

Eggs

Bananas

Avocados

Oatmeal

Mashed Potatoes

Pancakes

Steamed Vegetables

Fish

Meatloaf

Deli Meats

Soft Pasta

Etc.

Please contact us at **480.685.9696** with any questions.