



## DIET ADVICE FOLLOWING AN EXTRACTION

### Food

- Solids
- Milk Shakes (Do Not Use A Straw)
- Jell-O
- Pudding
- Mashed Potatoes and Gravy
- Macaroni and Cheese
- Yogurt

### Liquids

- Fruit Juices
- Water
- Milk
- Very lukewarm beverages
- Gatorade
- Ensure Nutritional Drink
- Carnation Instant Breakfast

**Remember:** Law of gravity - everything goes down. You may experience food getting trapped in the sockets. On the 2<sup>nd</sup> day after extractions, you may start rinsing your mouth with warm saltwater (8oz glass of warm water with 1 tablespoon of salt).

If you should have any questions or problems, please contact our office at any time.