

• SHOPPING LIST •

PRODUCE

- ☐ Avocados
- ☐ Bananas
- ☐ Mashed Potatoes
- ☐ Well-Cooked Veggies



DAIRY

- ☐ Yogurt
- ☐ Cottage Cheese
- ☐ Eggs
- ☐ Ice Cream
- ☐ Popsicles



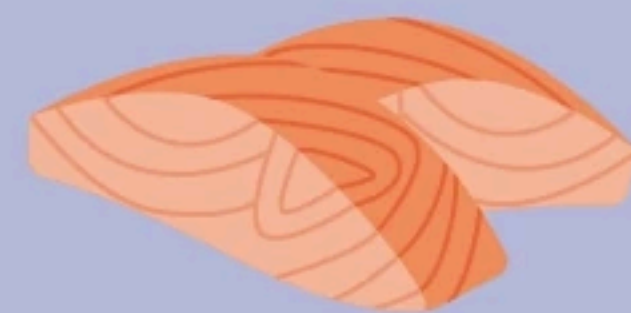
PANTRY

- ☐ Applesauce
- ☐ Pudding
- ☐ Oatmeal
- ☐ Pancakes
- ☐ Salt*
- ☐ Soup
- ☐ Soft-Cooked Pasta
- ☐ Tea Bags



PROTEIN

- ☐ Fish
- ☐ Deli Meats
- ☐ Ground Beef
- ☐ Peanut Butter



BEVERAGES

- ☐ Protein Shakes
- ☐ Juice
- ☐ Milkshakes/Smoothies

OTHER

- ☐ Ibuprofen 200mg
- ☐ Acetaminophen 500mg

NOTES:

- After 24 hours, add solid foods that can be easily cut with a fork.
- *After 24 hours, rinsing with warm saltwater or Peridex™ oral rinse is recommended.
- Using a moist tea bag may assist with blood clotting. (See instructions).

INSTRUCTIONS:

Excessive bleeding may be controlled by placing a gauze pad over the area and biting firmly for thirty minutes. If bleeding continues, bite on a moistened tea bag for thirty minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels. To minimize further bleeding, sit upright, do not become excited, and avoid exercise. If bleeding does not subside, call our office for further instructions.