

e l e v a t e d
ORAL & MAXILLOFACIAL SURGERY

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Items to purchase to aid in the recovery after your procedure:

- 1-2 small bags of frozen peas, or ice packs for cold compresses

(20 minutes intervals per side on the outside of the face for 48 hours after surgery)

- Alcohol-Free mouthwash

(You will use this 48 hours after surgery 2 times a day)

Drink Suggestions: Apple Juice, Grape Juice, Cranberry Juice, Gatorade, Power Aid

(No acidic drinks, carbonated drinks or straws for 24 hours after surgery)

Food Suggestions: Apple Sauce, Jell-O, Pudding, Yogurt, Oatmeal, Cream of Wheat,

Creamy soups: Potato, Celery, Chicken etc..., Macaroni and Cheese, Scrambled Eggs, Mashed Potatoes, Ice Cream, Slush's, Popsicles,

(Please avoid foods with rice, spices, strawberry and raspberry seeds)