

# Shenandoah Oral and Facial Surgery, PLC

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## Post-Operative Diet

Day One	Day Two	Day Three
<ul style="list-style-type: none"><li>• Lots of Fluids<ul style="list-style-type: none"><li>▪ Juices</li><li>▪ Water</li><li>▪ Ice Tea</li><li>▪ Gatorade/ Sports Drinks</li><li>▪ Ensure</li></ul></li><li>• Popsicles</li><li>• Applesauce</li><li>• Jello</li><li>• Soups</li><li>• Puddings</li><li>• Protein Shakes</li><li>• Begin Milk products after patient is home taking fluids and soups without difficulty</li></ul>	<ul style="list-style-type: none"><li>• Scrambled Eggs</li><li>• Pancakes</li><li>• Waffles</li><li>• Oatmeal</li><li>• Cream of Wheat</li><li>• Mashed Potatoes</li><li>• Baked Potatoes</li><li>• Yogurt</li><li>• Puddings</li><li>• Soft, Cooked Vegetables</li><li>• Ice Cream/Shakes</li><li>• Smoothies</li><li>• Soups</li></ul>	<p><u>Resume Normal Diet as Tolerated</u></p>

**\*\* While numb, please avoid temperature extremes and do not chew\*\***

**DO NOT USE STRAWS, DO NOT SPIT, DO NOT SMOKE for 3 days after your  
procedure.**