

Food Restrictions

Follow this diet for one week unless further instructed by office staff.

****NO VINEGAR BASED FOODS, NO LEMON/LIME (CITRUS) FOODS, NO ACIDIC BASE FOOD, NO FOOD THAT REQUIRES CHEWING, NO BREAD, NO TOUGH MEAT, NO SEEDS/ANYTHING SHARP****

****USE CHILDRENS TOOTHBRUSH & BE GENTLE WHEN BRUSHING TEETH (ORAL INCISION) & RINSE MOUTH AFTER EATING****

Some ideas of foods that are fine to eat:

- banana
- soup (low sodium) —no chewable meat or tomato soup
- mashed potatoes
- mac n cheese
- cottage cheese
- broth
- protein shakes (ensure, slim fast, etc.)
- pasta with alfredo sauce or butter (no tomato base sauce)
- baked fish plain
- eggs
- sweet potato
- tofu