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SUGGESTED FOOD ITEMS FOR DAY OF SURGERY

**NO HOT FOODS OR BEVERAGES**

<b>Beverages:</b>	Water Iced Tea Milk
<b>Miscellaneous:</b>	Slim Fast Milk Shake –no Straw Jello Pudding Pasta – cold Yogurt – no seeds(ex: poppy, raspberry, strawberry or kiwi)

DO NOT EAT OR DRINK THE FOLLOWING FOR 1 WEEK AFTER SURGERY

- No spicy foods**
- No juices –acidic**
- Chips**
- Carbonated drinks**
- Popcorn, nuts and seeds! – for up to 6 weeks**

SUGGESTED FOOD ITEMS THE FOLLOWING DAY AFTER SURGERY

<b>Canned Foods:</b>	Chopped Mixed Greens Various Beans Various Peas Soup Canned Tuna or Chicken
<b>Bread:</b>	Rolls Soft Bread- Bread with crusts cut off
<b>Meats:</b>	Sliced Smoked Turkey Breast Sliced Baked Ham Fish Fillets-baked Hamburger Meat loaf
<b>Breakfast foods</b>	Eggs Oatmeal Cream of wheat or Cream of Rice
<b>Beverages</b>	<b>No Carbonated Drinks – No Straws</b> Iced Tea (no lemon) Milk Ovaltine chocolate milk mix Coffee
<b>Miscellaneous:</b>	Ice Cream – no nuts or seeds Ensure, Boost or Slim Fast Jello Yogurt Pudding