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ORAL & MAXILLOFACIAL SURGERY

Items to purchase to aid in the recovery after your procedure

- Tylenol Arthritis(650mg) or Regular Strength Tylenol (325 mg)
- Additional ice packs (we give you one) or frozen peas for cold compresses (20 minute intervals per side on the outside of the face, 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, Protein Shakes (No acidic drinks, carbonated drinks or straws for 24 hours after surgery)
- **FOOD SUGGESTIONS:** Apple Sauce, Jell-O, Pudding, Yogurt, Ice Cream, Creamy Soups(Potato, Celery, Chicken, etc.) Macaroni & Cheese, Scrambled Eggs, Mashed Potatoes, Cream of Wheat

Please avoid rice, beans, seeds, nuts, popcorn