



### DIET INSTRUCTIONS

1. First Day- liquid like diet. Use a blender as needed. DO NOT DRINK THROUGH A STRAW.

2. Next 6 Days- use "MUSHY DIET SUGGESTIONS" listed below

Anything put through a food blender  
Cream of wheat, oatmeal, malt O meal  
Mashed potatoes or baked potatoes - ok with butter/sour cream  
Mashed banana, mashed avocado, applesauce or any mashed/blended fruit  
except berries with seeds  
Broth or creamed soup  
Mashed steamed vegetables  
Mashed yams, baked sweet potato or butternut squash  
cottage cheese, cream or soft cheese  
Creamy peanut butter without solid pieces  
Eggs any style, with or without melted cheese, omelets can have cheese & avocado  
Jell-O, pudding, ice cream, yogurt  
Milk shake/smoothies - ok to blend with fruit except no berries with seeds  
Ensure, slim fast - nutritional drinks  
Take Daily Vitamins

3. After 7 Days Gradually add back softer foods like pasta, Chicken and Fish.

4. After 14 Days - Resume normal diet.

5. For 30 Days- DO NOT ...Chew gum, candy; cookies, chips, popcorn, nuts, anything hard or crunchy, anything that has seeds or hard pieces, meat that shreds and can lodge under the gum and between teeth, raw vegetables/salad.

*"Excellence in Microbiological Periodontics, Implants & Laser Treatment"*