

Dietary Restrictions After Oral Surgical Intervention

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Doctor's Name: [Insert Doctor's Name]

Procedure: [Insert Procedure Name]

Dear [Patient Name],

Following your recent oral surgical intervention, it is important to adhere to the dietary guidelines provided below to facilitate proper healing.

Dietary Restrictions:

- Avoid hard, crunchy foods.
- Steer clear of spicy foods.
- Refrain from using straws for at least [Insert Time].
- Consume soft foods such as mashed potatoes, yogurt, and smoothies.
- Stay hydrated with clear liquids; avoid carbonated beverages.

Additional Tips:

- Eat small, frequent meals to avoid discomfort.
- Ensure foods are at lukewarm temperatures.
- Maintain good oral hygiene while avoiding the surgical area.

If you have any questions or concerns regarding your dietary restrictions, please do not hesitate to contact our office at [Insert Office Phone Number].

Wishing you a smooth and speedy recovery.

Sincerely,

[Insert Doctor's Name]

[Insert Doctor's Contact Information]