

e l e v a t e d  
ORAL & MAXILLOFACIAL SURGERY

**Randall J Russell, D.D.S.**

rjrussell@elevatedomfs.com

720-870-1451

**Items to purchase to aid in the recovery after your procedure:**

- 1-2 small bags of frozen peas, or ice packs for cold compresses

*(20 minutes intervals per side on the outside of the face for 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

(No acidic drinks, carbonated drinks or straws for 24 hours after surgery)

Food Suggestions: Apple Sauce, Jell-O, Pudding, Yogurt, Oatmeal, Cream of Wheat,

Creamy soups: Potato, Celery, Chicken etc..., Macaroni and Cheese, Scrambled Eggs, Mashed Potatoes, Ice Cream, Slush's, Popsicles,

(Please avoid foods with rice, spices, strawberry and raspberry seeds)