



*Eastmont*  
FAMILY DENTAL

Dr. Brian Anantatmula  
Dr. Trevor Larson

801 Eastmont Ave Ste A • East Wenatchee, WA 98802  
Ph: 509-886-2345

**PRE-MED and ORAL SURGERY**

Take 800mg Ibuprofen 1 hr before your dental appointment.

Have a light meal also before your appointment as you will be numb from the anesthetic for a few hours.

No Aspirin before or after surgery.

Take prescribed medications as directed.



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### **POST SURGERY FOOD LIST**

EXAMPLE OF “SOFT~SMOOTH~COOL~FOODS”

**JELLO  
YOGURT  
APPLESAUCE  
PUDDING  
ICE CREAM  
PROTEIN DRINKS ( NO STRAW )  
MILK SHAKE ( NO STRAW )  
SOUP  
MASHED POTATOES**

EXAMPLE OF “FOODS NOT TO EAT “

**These foods are small items that could get caught in extraction site**

**RICE  
SCRAMBLED EGGS  
COTTAGE CHEESE  
FRUIT & VEGGIES WITH SEEDS  
HOT AND SPICY FOODS  
PASTA  
BREAD**