Dear Patients,

We hope your dental surgery went well. Please find below some meal ideas.

DAY 1

On the first day, be sure to eat cold, liquid meals such as :

- **Gaspacho** : tomatoes, courgettes, cucumbers, peppers… a well-blended cold soup for a light and nourishing meal.
- **Smoothie made from fresh fruit blended with some yoghurt or milk**. Choose from the following combinations : apples/spinach, strawberries/bananas, apples/kiwis, oranges/bananas…
- **Sweetened or natural yoghurt, or with blended fruit**
- **Fruit compote**
- **Milkshake**
- **Chocolate mousse or strawberry mousse**

DAY 2 AND FOLLOWING DAYS

From the 2nd day onwards, you can eat soft, cold meals or even lukewarm meals such as :

- **Hummus**
- **Avocado dip**
- **Savoury or sweet panna cotta**
- **Omelette or scrambled eggs**
- **Savoury or sweet flan**
- **Mashed potatoes and vegetables of your choice**
- **Spinach shepherd's pie**

!!! Avoid eating hot, hard or spicy meals and drink plenty of water.

Take care !