

Post fill diet instructions.

You will follow this protocol every time you have a fill

Day of fill: You may have liquids and/or pureed foods. Examples would be protein shakes, blended soups, yogurt, smoothies.

Day following fill: Soft foods. Examples would be tuna or chicken salad, cottage cheese, eggs, canned fruits, bananas.

Day three: Resume regular diet

You may NOT have solids the day of your fill. Only liquids/puree the whole day. If you eat solid food, we will not do a fill.