

The Role of Nutrition in Surgical Recovery

Nutrition acts as medicine- energizing your body and aiding in healing. Eating a nutritious, well-balanced diet before and after surgery is crucial for a smooth recovery.

Proper Nutrition Helps:

- Prepare your body for surgery by increasing strength
- Promote wound healing and prevent infections
- Manage post-surgery discomfort, such as constipation
- Support strength for physical therapy and rehabilitation

Nutrition Tips for Surgery Preparation and Recovery

Include Protein in Every Meal, especially at breakfast and after physical therapy. Excellent protein sources include lean meats, fish, eggs, cottage cheese, yogurt, milk, and plant-based options like beans, lentils, tofu, nuts, and seeds (as well as nut and seed butters). After surgery your body needs around 1 gram of protein per pound of ideal body weight.

Consider a Specialized Nutrition Kit. I recommend Complete Surgical Nutrition. Research shows that starting these supplements 1-2 weeks before surgery, and continuing for up to 3 months afterward can improve recovery, reduce muscle loss, and speed up healing.

To learn more about the CSN program and to order a kit for home delivery visit www.completesurgicalnutrition.com or scan this QR code.

Use the code **p.brady** at checkout for an exclusive discount.



Eat a Variety of Fruits and Vegetables. These foods are rich in vitamins and minerals that support wound healing and boost your immune system. They're also high in fiber, which helps with constipation, a common side effect of surgery.

Limit Refined Sugars, as they can increase your risk of infection. Instead, choose high-quality carbohydrates like whole grains (oatmeal, whole wheat, brown rice), and starchy vegetables like sweet potatoes.

Stay Hydrated. Drink water throughout the day to prevent dehydration and support digestion.

Focus on Proper Fueling. Your appetite may decrease after surgery due to stress or medication. Despite this, it's important to focus on properly fueling your body to heal and maintain strength during recovery. Avoid dieting around your surgery as it increases your risk of malnutrition.

By following these nutritional guidelines, you'll give your body the strength and support it needs for a faster, smoother recovery- helping you get back to feeling your best as soon as possible.

