

## Helpful Nutritional Information

### Watch Your Diet

Your diet is very important in regards to healing after surgery. It is best to start eating healthy before your surgery so that your body will heal quicker. Be sure to include: lean protein, unprocessed foods, fresh fruits, fresh vegetables, foods and fats that are high in Omega 3, canola oil, and olive oil. Avoid any processed and/or fast food, as these foods contain fewer nutrients. Do not take supplements or anti-inflammatory medications for at least 14 days before surgery, as these will increase your risk of bleeding. *See Shopping List.*

### Plan Ahead: Cook Early

Prepare extra individual servings of meals a week prior to your surgery. Label and freeze for later use. Stock up on soups, washed and cut vegetables, fruit juice, fresh and canned fruits, Gatorade, ginger tea (to sooth upset stomach), sources of easy protein such as peanut butter, canned chicken, cheese, cottage cheese and yogurt. *See Shopping List.*

### Pack the Protein

Multiple health problems may easily develop after surgery, so it is important for you to eat meals that are high in protein and avoid highly processed foods. Protein helps with surgical wound healing and swelling. Swelling at the surgical site also delays closure of the wound and hinders the normal healing process. Proteins are also involved in the body defense mechanism: antibodies, special blood cells, hormones and enzymes. Tissue integrity is the first line of defense against infection. It is recommended that a person should consume 1.3 grams of protein, per kilogram of weight, daily. For example: a 154 lb person should consume 91 grams of protein ( $154 \text{ divided by } 2.2 \times 1.3 = 91$ ) daily. Sources include lean unprocessed beef, pork, chicken, fish, eggs, yogurt, cheese, and protein supplements. The old adage says that chicken soup has been found to have anti-inflammatory properties. Grass fed beef has high Omega 3 Fatty Acids, which helps with inflammation. Grass-fed meats are higher in Omega-6 fatty acids, which cause more inflammation (you may consider avoiding).

## **Avoid Constipation and Dehydration**

Constipation and dehydration are common side effects of surgery caused by pain medication and anesthesia. To keep your body adequately hydrated, you need to drink 9-12 cups of water per day. Taking 20-40 grams of fiber per day will help as well, and a stool softener may be used to help alleviate the constipation. Ask your physician for their recommendations.

## **Addition Information**

Probiotics are being used to replace the good bacteria in your body that is destroyed by antibiotics. (Recommended dose is 1.5 grams per day.) Do not consume probiotics within two hours of an antibiotic. A multivitamin with zinc helps with tissue repair. (Zinc is recommended at 50 mg per day for at least two weeks after surgery.) Vitamin C 1000-2000 mg once a day for 2 weeks helps tissue repair and wound healing. Vitamin E 200 IU daily helps with improved circulation and repairs tissue. Omega-3 fatty acids dose is usually two capsules of fish oil twice a day; this helps proper cell growth and healing of all tissue.

These items can be purchased at your local health food store.