

THE ROLE OF NUTRITION IN SURGICAL RECOVERY



OrthoNY believes that proper nutrition supplementation plays a crucial role in maximizing your recovery following surgery. Nutrition acts as medicine! Energizing your body and helping in healing. Please read and consider these recommendations prior to your surgery.

Pre-Operative Recommendations:

30 Days
Pre-Op

Recommend starting the following vitamin supplements one month prior to surgery:

- Begin taking 800 IU daily of Vitamin D.
- Take 200-400 mg daily of Magnesium
- 1,000 mg daily (EPA/DHA) of Omega-3 Fatty Acids

1-2
Weeks
Pre-Op

1-2 Weeks prior to surgery, we recommend adding the following to your daily diet:

- Aim for 75-100 grams of protein per day through whole foods or protein shakes.
- Take 3 grams of Leucine (Essential Amino Acid) twice daily (morning & evening).
- Take 500 mg twice daily of Vitamin C to support collagen formation.

Post-Operative Recommendations:

Protein: Continue with 75-100 grams of protein per day through whole foods or shakes for up to 1 month post-surgery. OK to use longer if desired.

Leucine: Continue taking 3 grams twice daily for 2-3 weeks post-surgery. Consider continuing for up to 3 months post-op.

Vitamin C: Continue taking 500 mg of Vitamin C twice daily to support collagen formation and tissue repair.

Magnesium: Continue taking 200-400 mg daily for 12 weeks post-surgery. Magnesium has been shown to reduce pain and may aid in tendon healing and sleep.

Omega-3 Fatty Acids: Continue taking 1,000 mg daily post-operatively to help reduce inflammation and support tissue healing.

Collagen Supplement: Recommend adding a collagen supplement and follow packaging recommendation.

Nutritional Program Support: Complete Surgical Nutrition

There are surgical nutrition support programs that can package all of the recommendations we've laid out into an easy to use program. We 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 **j.gainor** at checkout for an exclusive discount.

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