

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.larosa** at checkout for an exclusive discount.

SCAN ME

