



Nutrition for Orthopedic Surgery

Orthopedic surgery places specific strains on your body. Eating the right things can help you prepare better and recover faster from your surgery. The right foods before surgery can give your body the nutrients to rebuild and repair, improve immunity, and reduce inflammation.

HOW TO EAT TO HAVE AN OPTIMAL RECOVERY FROM ORTHOPEDIC SURGERY

Your body has higher nutrient needs around the time of orthopedic surgery. Prioritise eating foods that are minimally processed and high in nutrients right like fruits and vegetable, whole grains, legumes, fish, and lean protein.

Focus on making **half** your plate vegetables and fruits, **one quarter** protein and one **quarter** whole grains. This strategy can help you have a balanced diet that is high in important nutrients for recovery.



DIETARY SUPPLEMENTATION FOR ORTHOPEDIC SURGERY

The Ortho Nutrition Bundle is a dietary supplement program recommended by your orthopedic surgeon to help you meet the elevated needs associated with orthopedic surgery. The Ortho Nutrition Bundle is a great complement to a healthy balanced diet to give you body the extra nutrients it needs to optimize recovery.



ISOLUTION

is an ion-exchange whey protein isolate containing 4 g of leucine that

- ✔ Maintains muscle Mass
- ✔ Improves function
- ✔ Promotes wound healing

PRECOVERY

is a presurgical carbohydrate drink that

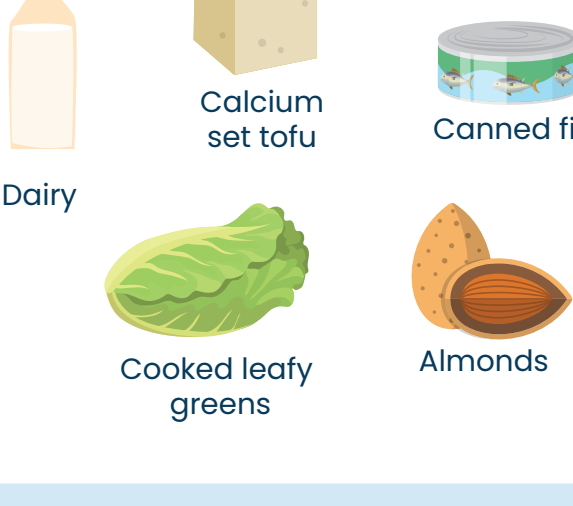
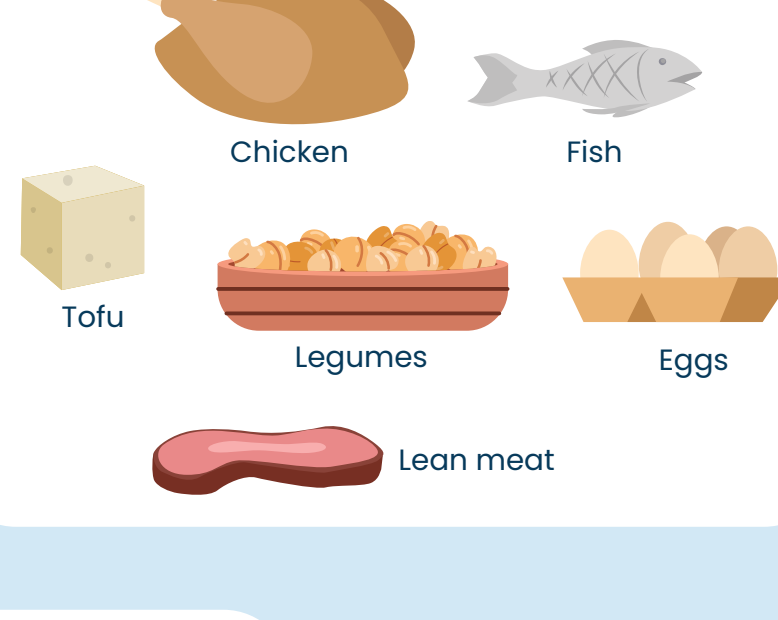
- ✔ Improves blood sugar control after surgery
- ✔ Optimises metabolism to start recovering faster
- ✔ Promotes tissue repair
- ✔ Improves comfort before and after surgery
- ✔ Reduces the risk of complications

FOOD SOURCES OF IMPORTANT NUTRIENTS FOR SURGERY RECOVERY

REBUILD AND REPAIR

PROTEIN

Around the time of surgery your daily protein requirements **double** from 0.8g/kg of body weight to 1.6 g/kg of body weight (*That's 110g of protein for a 150 lbs person*). Protein is important for maintaining muscle mass and repairing your surgical wound. To help your body rebuild after surgery, prioritize eating high protein foods throughout the day.

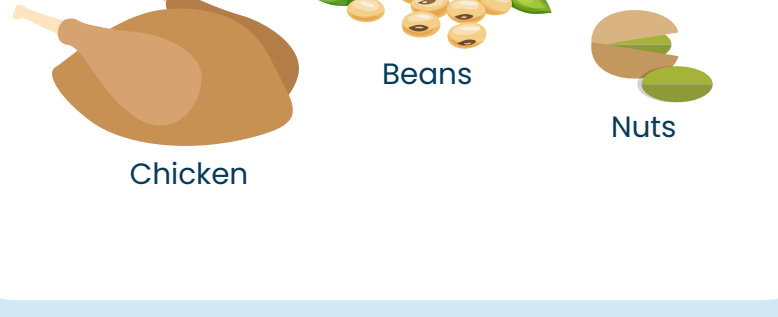


CALCIUM

Orthopedic surgery can injure your bones. Also, in some surgeries like arthroplasty your bone needs to grow into the replacement joint. Calcium is important for bone growth and repair. To help your bones repair after surgery prioritize foods with high levels of calcium

IRON

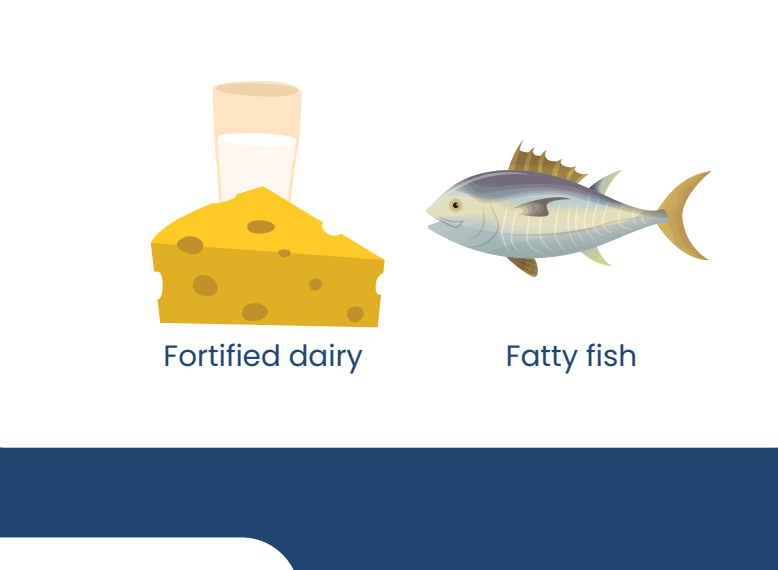
During any surgery you will lose some blood. To help your body make new blood cells prioritize foods containing iron.



IMMUNE HEALTH

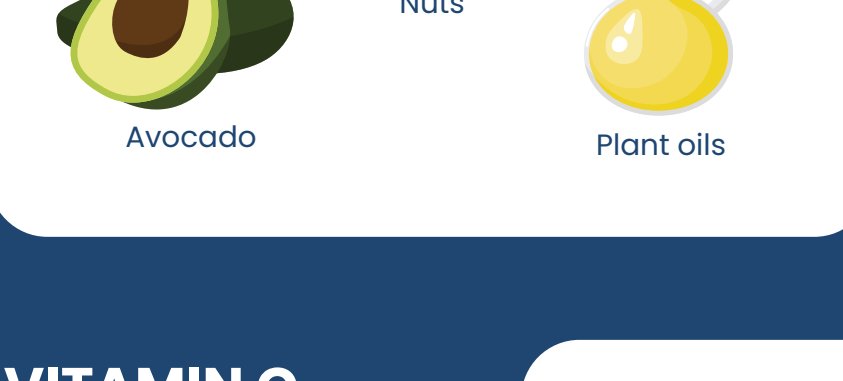
VITAMIN D

Vitamin D has many roles for surgery recovery. It helps your body absorb more calcium and can improve your immune health. Vitamin D can help reduce the effects of inflammation and boosting immune function to help prevent infection



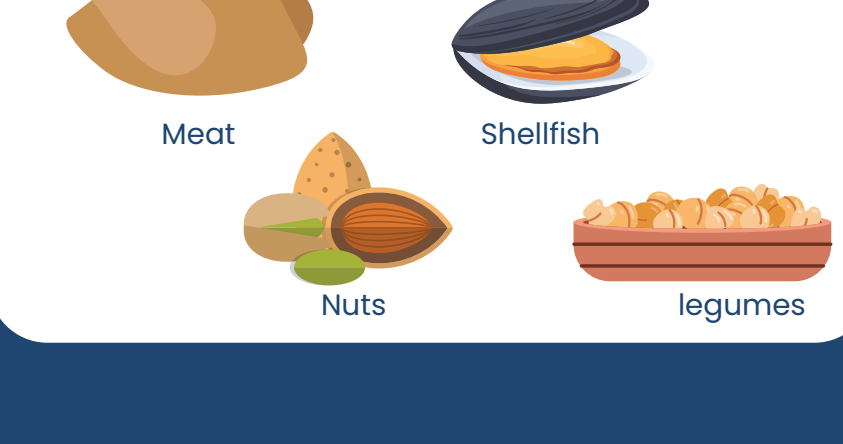
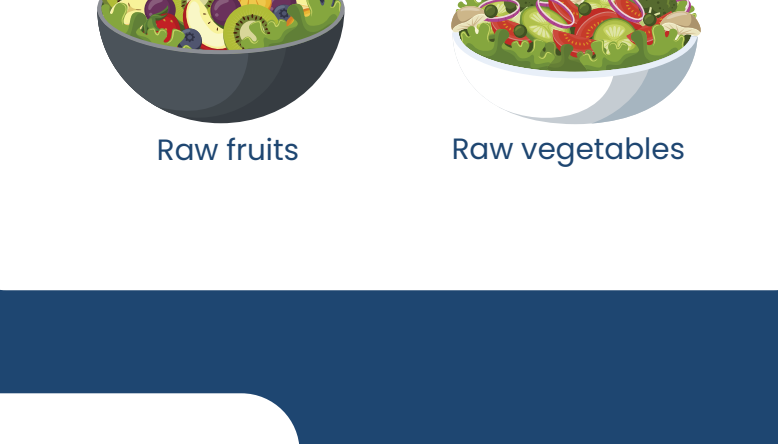
VITAMIN E

Vitamin E helps immunity by helping the production of immune cells. It also is an antioxidant which reduces oxidative stress in your body before and after surgery.



VITAMIN C

Vitamin C helps immunity by helping the movement of immune cells around the body to help prevent infections and acting as an antioxidant. Vitamin C also plays a role in building new collagen which is crucial for repairing skin, tendons and ligaments which are often affected by orthopedic procedures.



ZINC

Zinc helps in the production of many of your immune cells.

INFLAMMATION

OMEGA 3

Omega-3 are essential fatty-acids that reduce the production of inflammatory compounds in cells.



POLYPHENOLS

Polyphenols are compounds found in plant foods and contribute to their color and flavor. These compounds can interact with your body to reduce inflammation by reducing the amounts of inflammatory compound your body makes.

Prioritize nutrients from food. While vitamin and mineral supplements can be a good way to get nutrients especially for those with deficiency, taking these supplements before surgery is often discouraged by surgeons, as they can interfere with the surgery or with medications. If you are taking vitamin and mineral supplements check with your orthopedic surgeon to make sure they are safe.

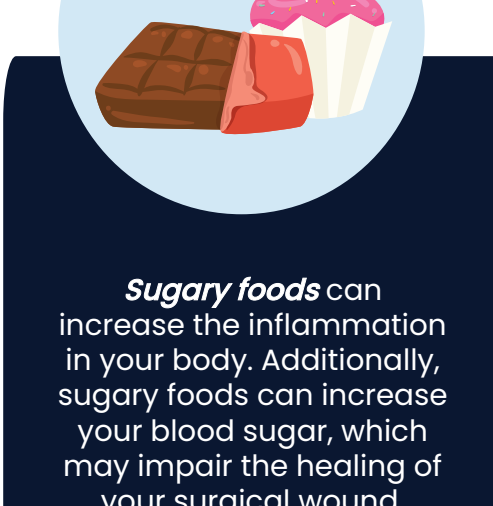
FOODS TO LIMIT WHEN RECOVERING FROM SURGERY

PROCESSED FOODS



Highly processed foods can increase the amount of inflammatory compounds your body makes. Eating highly processed foods around surgery may increase the stress and inflammation in your body which could delay healing. Additionally, highly processed foods are often low in the important nutrients for recovery.

SUGARY FOODS



Sugary foods can increase the inflammation in your body. Additionally, sugary foods can increase your blood sugar, which may impair the healing of your surgical wound.

ALCOHOL



Alcohol puts stress on your body, causes inflammation, and can damage your cells. When your body is preparing for and recovering from surgery, this added stress can delay your recovery.