

Nutrition for the Surgery Patient

Proper nutrition pre and post-surgery is a key component of your healing process as the body has increased needs after surgical procedures such as a joint replacement or joint revision.

Protein

For at least 5 days prior to your procedure, and at least 2 weeks post procedure, **you should increase your protein intake to about 80 grams daily.** This means doubling your current protein intake. There are many ways to add protein to your diet. Below is a list of protein sources to get you started and more suggestions are on the *Protein List* document.

- Chicken, Beef, Pork, Fish
- Soybeans, Soy Milk
- Nuts, Peanut Butter
- Eggs
- Milk, Yogurt, Cheese
- Protein Shakes
 - Whey or soy protein isolate should be primary ingredient (one of the first 5) and only use if unable to eat enough protein through diet

Water

All patients must increase their water intake a week prior to surgery. This will help the body with healing and also help prevent constipation that often results from medications used for surgery and pain control. Water is anything that is liquid at room temperature and does not have carbonation or caffeine. The average patient will need to drink ½ to 1 gallon of water a day – provided you are not on a water restrictive diet with your primary care physician.

Fiber

We strongly encourage fiber intake to help prevent constipation while you are recovering.

One way to easily do this is to eat 3-4 servings of fresh fruits and/or vegetables with each meal; especially those with skin such as grapes, celery, apples, cucumbers, etc. High fiber grains such as multi-grain breads and rice are also good for you. Be sure to drink plenty of water when you increase your fiber. Increased fiber without enough water will cause painful constipation. A daily fiber supplement such as Metamucil/Benefiber may also be taken.

Special Note for Diabetics

It is very important to maintain your blood sugars as close to 100 as possible. We will monitor your level prior to each meal while you are in the hospital. Continue to make smart food choices that are consistent with the education that you have received from your physician or diabetic educator. If you need help, the nurses and food services staff can assist you in making good food choices.

When the body undergoes a surgical procedure, it is normal for the blood sugars to elevate. As we monitor your levels, we may give you medications you do not normally take. This does not mean we will change your home medications, but during your hospital stay we will monitor and treat your blood sugar to provide you the greatest chance of healing and minimize infection.