

Optimal nutrition before and after surgery is essential to fuel the body's healing response and reduce the risk of complications. Starting 4-6 weeks before surgery, patients should focus on a balanced diet rich in vitamins, minerals, and macronutrients with an emphasis on protein.

After surgery the body's demand for nutrients, particularly amino acids, increases significantly. Amino acids, the building blocks of protein and collagen, support tissue repair and muscle recovery to enhance rehabilitation.

Patients should avoid foods that can impede recovery such as those high in refined carbohydrates and unhealthy fats. An anti-inflammatory diet can improve recovery by enhancing healing, boosting energy, and reducing swelling.

PROTEIN

Protein plays a vital role in the repair and regeneration of tissues, making it an essential component of preoperative preparation. Patients should aim to consume lean sources of protein such as chicken, fish, tofu, or legumes, with a goal of 1.2 - 2g of protein per kilogram of body weight. Protein supplementation, with shakes or powders, can help optimize an otherwise balanced diet.

COLLAGEN

Collagen is a key structural protein in skin and connective tissues. Collagen supplements play a vital role in wound healing and supporting the body's natural tissue repair process. During wound healing, the body has increased demand for collagen that will benefit from supplementation.

Whey Protein



Vegan Protein



Collagen Peptides



The recommended quantity is 2-3 containers which will support 4-6 weeks prior to surgery and 4 weeks after surgery.

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OMEGA-3

Omega-3 fatty acids are a type of polyunsaturated fat that are important for many bodily functions, including building brain cells and keeping the heart healthy. The body does not make omega-3 fatty acids on its own. Omega-3 fatty acids are found in oily fish like salmon and tuna, walnuts, chia seeds, flaxseed and canola oils. Omega-3s have anti-inflammatory properties that can aid in the body's response to surgery.

MULTIVITAMIN

Providing a consistent supply of essential vitamins and minerals, a multivitamin helps your body handle the increased stress of surgery to recover more efficiently. A multivitamin can improve wound healing, minimize scar formation, maximize bone healing, and aid in nerve function.

ELECTROLYTE & CARBOHYDRATE HYDRATION

Staying well hydrated before and after surgery improves return to mobility and decreases complications. The body increases demand for carbohydrates and electrolytes in early recovery. Electrolyte replacement improves gut motility and water absorption. This improves cellular transport and the healing response. Common symptoms after surgery like nausea, constipation, and dizziness can be improved with adequate hydration and electrolyte replacement.

Omega-3



Multivitamin



Electrolyte & Carb Fuel



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