

SURGERY

NUTRITION FOR SURGICAL RECOVERY



Nutrition After Surgery

If surgery is ever deemed necessary, it is important to note that surgery puts the body under a great deal of stress. You have two challenges here - the injury itself, and the trauma associated with the surgical procedure. Nutrition is a key component of surgical recovery.

One of the best things you can do to help facilitate recovery following surgery is to focus on real whole foods, not processed foods. As I always say, shop the perimeter of the grocery store and load on fresh fruits and vegetables, lean cuts of meat, and stay away from anything in a box or can.

Protein is especially important following surgery. It helps repair damaged body tissue, form antibodies to fight infections, and synthesize collagen which is necessary for scar formation. Good sources include lean chicken, fish, nuts, legumes, and seeds. Red meats may trigger inflammation so be sure to choose the lowest-fat cut of beefs such as tenderloin or sirloin. If you are a vegetarian, consider plant-based forms of protein such as nuts, tofu, beans, and tempeh. Dairy products are also a source of protein but can cause constipation, so they should be consumed in moderation.

Nutrition for Recovery

As with other injuries, load up on foods that reduce inflammation. These include:

- Dark fruits (blueberries, cranberries, red apples, red grapes)
- Fatty fish such as salmon, tuna, halibut, flounder
- Extra virgin olive oil
- Onion, garlic, and green leafy vegetables
- Nuts
- Green and black tea

Many vitamins and minerals can also help reduce inflammation, as well as accelerate healing after surgery.

- **Vitamin K** - Promotes blood clotting to help heal incisions. Found in leafy green vegetables such as spinach and cabbage. Also found in broccoli, brussels sprouts, cow's milk, and egg yolks
- **Vitamin A** - Promotes immune function, supports collagen productions, and is required for the formation of the skin. Found in carrots, sweet potatoes, liver, spinach, and broccoli
- **Vitamin E** - Fights infection and controls immune function. Found in wheat germ oil, sunflowers, almonds, and broccoli
- **Vitamin C** - Required for the synthesis of collagen and repairing connective tissue. Found in fruits and vegetables such as oranges, bell peppers, kiwi, broccoli, spinach, and tomatoes

Trauma often causes a suppression of appetite. If you are having difficulty eating because of lack of appetite, smoothies (see [Coach Robb's Smoothie Recipe Book](#)) are a convenient and refreshing food option that can be made easily with raw fruits and vegetables with a scoop of protein for necessary amino acids to facilitate soft tissue recovery. Failing to eat enough after surgery can delay the healing process.

Consume fiber-rich foods such as whole grains, fruits, and vegetables to help prevent constipation, a common complication following surgery.



RECOMMENDED SUPPLEMENTS



Coach Robb only recommends taking supplements when you are not getting enough of the necessary vitamins and minerals found in real food. Supplements for added recovery benefits include:

- [Immune Tincture](#) or [Immunomax III](#)
- [Buffered C Plus](#)
- [Krill Oil](#) or [Omega 3D II](#)
- [Lean Greens](#)
- [Pro Purples](#)
- [Pro Reds](#)