

Blog 1: Why Nutrition is Key for Surgery Recovery

If you've never had surgery before, there are a few common, and serious, problems you need to know about. If you're no stranger to surgery, I have some good news for you. Many of the hardships you probably experienced during past surgery recoveries are preventable. At the very least, they can be minimized.

First of all...

Here are the 3 most important things to remember before your surgery:

- Nutrition is key to a successful surgery recovery
- You need specific nutrients in clinically effective amounts
- You're not going to get all these nutrients from inside your refrigerator or vitamin cabinet

Why are they important?

They're important because **most of the post-surgical horror stories many take for granted are created by malnutrition.**

I'll explain most of the problems patients face and why.

Your Body Declares a State of Emergency After Surgery

Surgeons refer to surgery as a controlled trauma. It shocks your body into a hypermetabolic state. This means your body needs a lot more nutrients than normal. It needs to rebuild damaged tissue and replace lost fluids, and this becomes its #1 priority. (1)

What Does Post-Surgical Malnutrition Do to Your Body?

Weakness & Fatigue

This is a well-known movie that most patients go through, and it's almost entirely linked to a lack of nutrients (2).

Have ever eaten a large meal that made you too tired to do anything but lay down in bed? You were tired because your body was spending a lot of its energy digesting your food.

After your surgery, your body focuses on healing over all other activities. That's where your energy goes. Digestion takes a 2 or 3 hours. Surgery recovery takes a couple months.

If you have enough energy for physical activity and exercise, you may have a speedier recovery, but that probably ain't gonna happen. The inactivity will slow down your recovery.

If you're lucky enough to be able to exercise after surgery, make sure to start small and see what you're capable of. Make sure your doctor approves the exercise as well. It may speed up your recovery. There are even some exercises you can do in bed, which we won't go into here.

Poor Wound Healing

Slow healing is another problem linked to undernourishment. Building new cells to repair the wound requires lots of energy, which needs to come from somewhere. The right amounts of the right nutrients will quicken the healing. (3)

Low or No Appetite

Many patients have no desire to eat after surgery, and this can go on for days. This is the absolute worst time to neglect nutrition.

Rapid Weight Loss

If you're looking to shed a few pounds, you may be happy to read that your surgery can help you accomplish this. Here's the bad news: Most of those pounds come from lean mass. That means muscle tissue, not fat. (4)

In fact, it's not uncommon for patients to lose 5-10% of total body weight before they leave the hospital.

A 1994 British study looked at the before/after nutritional status and weight loss of patients who stayed at the hospital for surgery and/or a few other services. The patients who were the most undernourished when they arrived at the hospital lost the most weight. Those who received nutritional guidance and support actually gained weight before leaving. (5)

Higher Infection Risk

Risk of infection increases with age because your immunity declines. If you get one, it will further increase your body's need for nutrients. (6)

In other words, if you get the right types and amounts of nutrients and avoid infections, then you will need less of them later on. The infection will also worsen your other symptoms.

Larger Medical Bill

The problems listed above can lengthen your stay in the hospital, which means you'll pay a lot more for your surgery (7). Malnourishment also means you might have to take prescription drugs for longer periods.

An infection requires antibiotics and slows your recovery. You'll spend more time in the hospital and lose more productive time.

This article is part 1 of a series about what you can expect during postoperative recovery, and what to do about it. Come back to this website for ongoing advice.

To learn about a new and simple solution for malnutrition, that doesn't require a shopping list, keep reading...

A Simple & Effective Way to Prevent Malnutrition from Surgery

Dr. Eric Escribano has been a general surgeon for 20 years. To help prevent suffering, he went through 125 medical studies and developed a **convenient supplement that addresses the nutritional needs for patients recovering from all types of surgeries.**

Recovery+ comes in single-serve packets of great tasting powder you can pour into 8 ounces of water twice per day.

It also gives you ALL the right nutrients in clinically effective doses. If you get too much of one nutrient, your body will simply eliminate what it doesn't need.

Recovery+ Facts:

- Reduces fatigue, weight loss, & infection risk
- Boosts immunity
- Aids organ function
- Encourages strong, healthy bones
- Fuels you with energy
- Quality controlled for consistency, bioavailability, bacteria, & contaminants
- No sugar, gluten, or allergens
- Diabetes & hypertension-friendly

Link: [Learn More About Recovery+](#)

Resources:

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3 Shepherd, Alison A. (October, 2003). Nutrition for optimum wound healing. Nursing Standard. Royal College of Nursing Publishing Company. Retrieved from <https://search.proquest.com/openview/597ec30c66af13438885e550c0269b1d/1.pdf?pq-origsite=gscholar&cbl=30130>

4 DeSanti, L. (2000). Involuntary weight loss and the non-healing wound. Advanced Skin and Wound Care. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/11061713>

5 McWhirter, J & Pennington, C. (April, 1994). Incidence and Recognition of Malnutrition in Hospital. British Medical Journal. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/8173401>

6 Gagnier, JJ & Skeie, E et al. (2018). A positive association between nutritional risk and the incidence of surgical site infections: A hospital-based register study. PLOS One. Retrieved from <https://dx.doi.org/10.1371/journal.pone.0197344>

7 Tappenden, Kelly A et al. (September, 2013). Critical Role of Nutrition in Improving Quality of Care: An Interdisciplinary Call to Action to Address Adult Hospital Malnutrition. Journal of the Academy of Nutrition and Dietetics. Retrieved from <https://www.sciencedirect.com/science/article/pii/S2212267213006412>

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