

FUELING UP FOR SURGERY:

HOW NUTRITION CAN HELP YOU RECOVER

Ensure[®]



Undergoing surgery is a lot like running a marathon. During both, your body **requires proper training and nutrition** in the weeks and days before and after for the best recovery. Here's what you can do to get ready:

For the average healthy adult, surgery means:

INCREASED ENERGY NEEDS

Your body burns a lot of energy during and after surgery. **Fuel up by increasing your calories** from complete, nutrient-packed foods.



MAJOR WORKOUT

You burn more glycogen, a form of stored carbohydrates, during surgery than during a 2 ½ hour run or bike race. **"Carb-loading" before surgery** can keep you from getting depleted.



MUSCLE LOSS

After you burn through carbs or protein stores, your body begins breaking down muscle for energy. This can decrease strength and delay recovery. Protect your muscles by eating **protein-rich foods and exercising before and after surgery***.



LOWERED IMMUNITY

Surgical stress can weaken your immune system. Use **immunonutrition**, such as oral nutrition supplements including 18 grams of protein, arginine and omega-3 fatty acids to **support immune health and recovery.**¹



INSULIN RESISTANCE

Insulin resistance is common after surgery and can cause complications. **Drinking a clear, carbohydrate-rich drink two hours before surgery** can help reduce insulin resistance.



UNINTENDED WEIGHT LOSS

After surgery, some people have nausea and don't want to eat or drink, which can lead to weight loss. Talk to your doctor and **consider a nutrition supplement such as Ensure.**



Your risk may be greater if you are at risk of being malnourished.

DID YOU KNOW?

In older adults, **3 days of bed rest** can result in a **loss of up to 10 percent of total leg muscle.**² Eat right and get moving after your procedure to help with recovery.

1. Wischmeyer PE, et al. *Anesth Analg*. 2018; doi:10.1213/cc02743. Epub 2018 Jan 23. 2. Paddon-Jones D. Presented at the 100th Abbott Nutrition Research Conference. June 2009. Columbus, OH.

*Check with your doctor before starting new exercise programs or nutritional supplements.

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