



Enhance your Recovery



Surgery Road Map



01

Alcohol & Tobacco Cessation

Alcohol and Tobacco can delay the healing process

Eliminate Barriers to healing

Establish healthy Meal patterns

02

Fuel your body

Meal patterns mitigate underfeeding and prolonged healing and/or muscle atrophy and can prevent feelings of over-hunger and overeating that may lead to weight gain.

03

Preperation

Understand pre-operation requirements and prepare for before and after

Pre-Surgery Drink or meal High in CHO(50g) to assist with catabolic stress during surgery.



04

Early oral intake post operation

Use the gut

Small frequent meals may mitigate nausea and provide ample nutrition for healing.



05

Protect Lean Mass

3 meals (20-30g protein each)
2-3 snacks (15 g protein each)

Prioritize nutrient dense foods with a colorful plate



06

Fuel for Performance



Build and Recover

You made it!
Adjust intake to activity using performance plate to build lean mass and prevent future injuries and illness.

See your H2FDietitian for more information.

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