

NUTRITION

After Joint Replacement

What you eat before and after surgery can help you recover, heal wounds, strengthen bones and muscles, and help to get you back on your feet and back to an active lifestyle.

Nutrition Before Surgery

It is important to enter surgery well-nourished. Nutrition before and after surgery is very similar, with a focus on protein and fiber, as well as key nutrients like Vitamin C, Zinc, Calcium, and Vitamin D. By eating foods rich in these nutrients you will optimize your nutrition and fuel your body through recovery. Be sure not only to include the foods mentioned below after surgery, but during the time before your surgery as well.

Hydration is also very important. Prior to surgery your nurse will need to draw your blood. Staying adequately hydrated will make this process easier. Be sure to drink 6 to 8 cups of water a day and help to ensure you are getting enough fluid each day.

Nutrition After Surgery

Protein

After surgery it is important to focus on foods that are high in protein. After orthopedic surgery it is normal to have a decreased appetite, so it is important to focus on eating protein foods first at meals. Making sure your snacks contain protein can be a great way to make sure you are eating enough as well. Protein is important for healing and is a key nutrient in bone building. So make sure to have protein with all your meals and snacks.

Protein Foods:

- low fat dairy (low fat yogurt, cottage cheese, or reduced fat string cheese)
- baked or grilled chicken breast
- baked or grilled fish
- eggs
- beef
- pork
- beans
- lentils
- quinoa
- tofu
- hummus

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Snack ideas:

- 1 piece reduced fat string cheese
- 1 oz almonds
- 1/2 cup low-fat cottage cheese with fruit
- 1 or 2 tbsp hummus and veggies
- 1 or 2 tbsp peanut butter on wheat crackers
- 1/2 can tuna and wheat crackers
- 1/2 cup Greek yogurt and berries

Fiber

Fiber aids with healthy digestion and can prevent constipation from pain medication after surgery. Try to eat 25 to 35 grams a day and be sure to drink plenty of water to help process the fiber and move everything along!

High Fiber Foods:

- Whole Grains - oats, bran, 100% whole wheat, brown rice, or quinoa
- Beans and Peas
- Fresh Fruit - especially prunes, apples, and berries
- Raw or Cooked Vegetable

Vitamin C and Zinc

While many nutrients are important for healing, making sure you consume enough of these nutrients in your diet will be helpful in your recovery.

- Vitamin C aids in making collagen, which is found in tendons, ligaments, and your skin. Citrus fruits are high in Vitamin C (lemons, limes, and oranges), kiwi and strawberries. Certain vegetables also have Vitamin C like broccoli and bell peppers.
- Zinc is found in animal foods, whole grains, cereals, bean, peas, and nuts. Zinc helps with immune function and collagen and protein synthesis, which helps with tissue repair.

Vitamin D and Calcium

- Vitamin D and Calcium are nutrients associated with healthy bones. The best sources of these nutrients are low-fat dairy foods, like yogurt, cheese, and milk. All milk is fortified with vitamin D to help absorb calcium, so it is not necessary to buy the full fat version, skim or 1% also has Vitamin D.
- If you do not tolerate dairy other good sources of calcium are orange juice fortified with calcium, soy products, collard greens, broccoli, okra, and kale. Other sources of Vitamin D

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Good Blood Sugar Control

- If you are a diabetic, it will be very important to keep your blood sugar within a normal range. Typically, blood glucose readings of 80-130 mg/dl before meals and <180 mg/dl 1-2 hours after a meal is recommended, unless otherwise specified by your physician.
- Elevated blood sugar can delay the healing process and put you at a greater risk for infection.
- After surgery your body will be more sensitive to carbohydrates than is usually is and not all carbohydrates are created equal, avoid very sugary items and to monitor the portion sizes of healthy carbohydrate options.
- Choosing carbohydrates that also contain at least 5g of fiber can help you reach your fiber goal and keep your blood sugar well controlled.

Foods to Limit:

- Sugary Beverages (Fruit Juice, Sweet Tea, Soda)
- Candy
- Cookies and other pastry items
- Refined grain products (white bread, sugary breakfast cereals, white rice, bagels, pre-packaged breakfast pastries, ect.

Foods to choose:

- Brown Rice - 22g in 1/2 cup
- Whole Wheat Bread - 15g in 1 slice
- Fresh Berries - 21g in 1 cup
- Sweet Potato - 27g in 1 cup
- Oatmeal - 27g in 1 cup
- Kidney Beans - 19g in 1/2 cup
- Lentils - 32g in 1/2 cup

Check out www.diabetes.org for more information.

Further support can be found at the TMH Metabolic Health Center
2633 Centennial Blvd, Suite 100 Tallahassee, FL 32308
850-431-5404

<https://www.tmh.org/services/tmhphysicianpartners/metabolic-health-center>