

## 5. Stock up on iron and protein through foods like:

- Poultry
- Seafood
- Beans and lentils
- Nuts
- Eggs
- Tofu

After surgery, you may find that you have difficulty digesting or even chewing tougher meats. Try meats that have been slow cooked in sauces or ground meats.

**6. Probiotics:** Probiotics are the happy, healthy bacteria that your body needs to digest food, provide mental balance and fight off all the germs and infections you are prone to after a procedure. Some of the most common forms of probiotic-rich foods are:

- Yogurt
- Kefir
- Sauerkraut
- Kimchi

Surgery can be rough on your system. Anesthetics, antibiotics and painkillers upset the delicate balance in your gut leaving you with digestive upsets, constipation and nausea. A healthy dose probiotic can help to regulate your system.

**7. Brightly colored Fruits:** After surgery, it is even more important to eat all the colors of the rainbow. Fiber is essential following surgery to avoid the discomfort of constipation. Fruit proved that fiber with a dose of color, vitamins and energy boosting carbs.

## Best Fruits:

- Oranges
- Apples
- Berries
- Melon
- Apricots
- Peaches
- Grapefruit
- Mango
- Papaya
- Tomatoes

**Water:** Don't forget your body is made up of 70 percent water. Dehydration is common and maintaining adequate levels of hydration will help you recover quicker. So, remember, **half your body weight** (pounds) in ounces is how much water you should be drinking each day.

**Sleep & Recovery:** Sleep is incredibly important when healing after surgery. An essential part of taking care of yourself, quality sleep will help speed healing and soothe frazzled nerves.

**Post-Surgical Lymphatic Balancing Massage:** A series of five 60-minute massages should be scheduled a few days after surgery. Faster recovery, pain relief & less swelling.

## What to Avoid after surgery ?

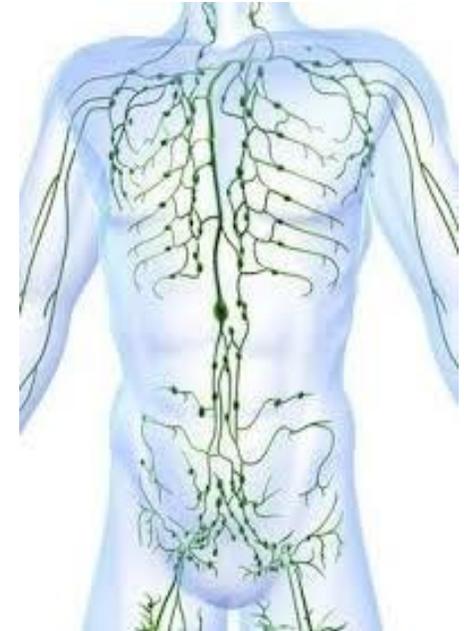
(First two weeks after surgery)

- Caffeine
- Alcohol
- Excessive sugar & Salt
- Chocolates
- No Smoking

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# Lymphatic Balancing MD Therapy



## Speedy Recovery After Surgery

## How To Recovery After Surgery

Every type of surgery, even planned and elective surgeries, are a source of trauma to one's body. There are a few key things you can do to have a smooth transition. One of the most important things to focus on while healing from surgery is nutrition.



## The 7 Best Foods to Eat After Surgery to Promote Healing

There are 7 foods that will provide your body with the energy and nutrition it needs to fight off infections, accelerate healing, increase your strength and energy and maintain your nutrient stores.

**1. Berries:** Antioxidants are powerhouse of nutrition that help the body repair damage. Perfect for after surgery!

### Fruits with antioxidants include:

- Grapes
- Pomegranates
- Blueberries
- Raspberries
- Strawberries
- Goji berries
- Blackberries

Berries are also an excellent source of vitamin C. Research shows that vitamin C is helpful in rebuilding collagen and soft tissue, meaning your incision site will heal quicker.

**2. Vegetables:** The vitamins and minerals you will find in vegetables are some of the most important nutrients in your healing diet.

### Eat these vegetables as a snack or part of a meal:

- Carrots
- Sweet bell peppers
- Broccoli
- Cauliflower
- Cabbage
- Brussel sprouts
- Sweet potatoes
- Potatoes

Including these veggies in your daily diet adds a healthy source of carbohydrates, which will help you battle the fatigue that is commonly felt after coming home from the hospital. Carbohydrates provide your brain with energy and stop muscle from breaking down. Your body will also get a boost of vitamin A and C. Another great benefit is that the fiber in a diet high in vegetables reduces constipation, which is a common side effect of pain medication and decreased mobility.

### 3. Fats (nuts, oils, fish)

Remember, healthy fat is your friend. Especially following surgery, healthy fat

helps your body absorb all those yummy vitamins you are getting from your fruits and veggies. Fat is essential for strengthening your immune system and decreasing your chance of infection.

### Healthy fats to include:

- Olive oil
- Avocados
- Coconut oil
- Nuts
- Seeds

Fats provide you with a long-lasting source of energy. Many types of fats and nuts are high in vitamin E, particularly almonds. Vitamin E also helps wounds heal faster and reduce the appearance of scars.

### 4. Dark Leafy Greens

Leafy greens may not be as popular as colorful berries and yummy fats, but they are vitally important! A hearty serving of green on your plate (or in your smoothie) gives you a dose of vitamin A, C, and E, as well as vitamin K, which is essential for blood clotting.

### Vitamin-rich, dark leafy greens:

- Kale
- Spinach
- Swiss chard
- Bok choy
- Mustard greens
- Romaine lettuce