



Post Operative Instructions: Postoperative Nutritional Optimization

Supplements

- Vitamin D 4000IU Daily
- Vitamin C 500mg 2-4X per day
- Collagen supplements daily
- Prebiotics (plant fiber) and Probiotics 2X per day to help with nutritional absorption

Diet

- Maintain a diet high in natural calcium sources. Natural sources are absorbed much more efficiently than supplements.

Leafy green vegetables

Dairy

Almond milk

"Eat real food, not too much, mostly plants"

Things to avoid

- All nicotine products, these severely inhibit bone and soft tissue healing in multiple ways
- Anything that is inhaled (not a prescribed medication) affects oxygenation and can inhibit healing

Excessive alcohol intake, alcohol is a toxin to your body and presents an additional stress on your healing system