

# Healing is a Team Effort

## What YOU Can Do to Speed Recovery:

If you have an injury or surgery, it is important to consider what **you** can do to speed healing and recovery.

**Here are 3 simple things you can do to maximize your healing potential:**

- 1) Eat a well-balanced diet:** During the healing process, it is important that you eat healthy. Your body needs extra calories and nutrients to send to your bones and soft tissues during the healing process. Try to include protein with every meal, eat colorful vegetables and fruits, and limit sugars. If you believe you are not getting enough healthy calories in your diet, you may want to consider taking Ensure daily, or a similar liquid nutritional supplement during the month prior to your surgery and for at least the first three months of recovery.
- 2) Take a multivitamin and Calcium Citrate with Vitamin D supplement:** Vitamins play an important role in successful bone healing. You should take a multivitamin daily, Calcium, and Vitamin D supplement. These are available “over-the-counter” at any pharmacy and the name brand probably does not matter.

We would recommend:

**Multivitamin daily**

**Calcium Citrate with Vitamin D daily**

-Calcium at least 1200-1800 mg daily, spread out over 3 doses during the day.

-Vitamin D at least 5000 IU's per day in addition to what is included in the multivitamin.

- 3) Avoid smoking and nicotine products:** Smoking prevents healing by decreasing blood flow to healing bones and tissues. Even nicotine gum or other nicotine replacement prevents your body from optimally healing.
- 4) Avoid excessive alcohol:** Excessive alcohol (more than 2 drinks per day) slows healing by preventing your body from absorbing nutrients properly.