

## Protein Intake for Wound Healing

Proper nutrition is essential for wound healing. Your diet can play a critical role in how your wound heals and the duration of your recovery. It is important to consume a well-balanced diet (fresh fruits and vegetables, whole grains, protein, dairy) along with increased protein intake. It will help to eat less processed foods, fried foods and refined grains. Increasing protein in your diet will help aid in healing the surgical site and increase your overall recovery.

Below are some suggestions for foods that are high in protein:

Seafood	Beans
Lean meats	Nuts or seeds
Poultry	Peanut butter
Dairy	Quinoa
Egg	High protein nutritional bars

You should start increasing your protein intake now and continue for at least 6 weeks after surgery. If you have any questions regarding your diet and protein intake, please contact your surgeon's office at 815-398-9491 for further recommendations.

**Dr. Sliva recommends the Ortho Nutrition Bundle.** It is a nutrition program specifically designed for those undergoing surgery. The program contains protein drinks with clinically tested ingredients to help patients prepare better and recover faster. The Ortho Nutrition Bundle is a 4-week program that starts two weeks before your surgery and continues for two weeks afterwards.

To learn more on the Ortho Nutrition Bundle visit [www.emnortho.com](http://www.emnortho.com) or call 1-800-619-0783. To order use My Code: orthoillinois

Please see website for any contraindications or ingredient/allergy concerns. Please discuss diet with PCP if you have a diagnosis that requires protein restrictions prior to starting supplement.