

## After your surgery

You will be advised to have two high protein / high calorie drinks (eg. Fortisip Compact or Fortijuce) on the day of surgery and will be encouraged to start eating and drinking as soon as possible. You should also try to be as mobile as you can.

The day after surgery you should be on a normal diet and, if advised, you should try to take up to three high protein / high calorie drinks per day to help build your strength. This will be continued whilst your dietary intake is still low.

If you continue to lose weight despite the above effort, your nurse should refer you to the dietitian for assessment.

**If you require this leaflet in any other format, eg. large print, please ask a member of staff.**

# Optimal nutrition

## Enhance your recovery following orthopaedic surgery

Good nutrition will improve your recovery and will be part of your treatment whilst in hospital.

Eating a varied, healthy and balanced diet will ensure that your nutritional needs are met. This is essential both before and after your operation.

### Healthy eating

If you are overweight and your consultant has recommended that you lose weight before your operation it is best to eat a varied healthy diet. This will help maintain your vitamin, mineral and protein levels which is ideal for an operation.

If you want more detailed information see the end of this section for the NHS Choices website or ask your GP to refer you to a community dietitian.

#### NHS Choices website

<http://www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx>

### General healthy eating advice

Eat more fruit, vegetables and cereals. Fruit, vegetables and cereals are all rich in vitamins and fibre (roughage). All fruits, vegetables and salads are beneficial and you should try and have 5 portions a day. Wholemeal/wholegrain foods like wholemeal bread/pasta/rice, porridge, Weetabix and other high fibre cereals, beans, lentils and oats are also good for you to try and keep healthy.

### Eat less fat

Grill, poach, bake or steam food, instead of frying or roasting. Eat more fish and poultry (remove the skin). Choose lean cuts of meat and trim off all the fat you can. Use skimmed or semi-skimmed milk and try low-fat yoghurt and margarine. Avoid high fat 'take-aways' for example; burgers, fish and chips, sausages and oily Indian foods. Avoid crisps chocolate, and biscuits as these are also high in fat.

### Cut down on sugar

Sugar contains no useful nutrients apart from energy and we can get all the energy we need from other foods. Reduce your intake of sweets and limit adding sugar to foods and drinks. Reduce sugar containing drinks.

### Alcohol

Limit the amount of alcohol to 14 Units for women and 21 units for men a week and try and have two days free on alcohol in each week. Alcohol contains calories and having too much can cause more health problems. For information on what a unit is please ask any health care professional.

### Build up advice for those not eating well or with a low body weight

However, during an illness or debilitation you may require additional nutrients. In such an event, a high protein and energy diet is required to maintain weight and muscle mass, rather than a low-fat diet.

If you have lost weight recently, please ask your nurse for a 'Have you got a small appetite?' leaflet for help and advice. Your dietitian or doctor may prescribe nutritional drinks for you if you a low body weight or are not eating well. Please ask for a referral to a dietitian if you have any concerns.

### On your admission to hospital

As part of your nutritional preparation for surgery, you should take carbohydrate drinks (called Pre-load) before surgery as below:

Two sachets Pre-load made up with 400mls of water should be taken eight to 12 hours before surgery. Therefore, if your surgery is planned for the morning, take the first dose the night before. If your surgery is planned for the afternoon, take the first dose in the morning.

**No food is allowed (only clear fluids may be taken) for at least six hours before surgery.**