

Nutrition for Healing & Recovery

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What to eat and which supplements to take after an injury or surgery

Your Diet

- **Eat protein at every meal.** Aim for 25–40 g, 3 to 4 times a day. Each of these is about one serving: a palm-sized piece of chicken, fish, or meat; 1 cup of Greek yogurt; 4 eggs; or a protein shake.
- **Do not diet.** Your body needs more fuel to heal, even though you are less active.
- **Eat fruits or vegetables at every meal** and drink plenty of water.
- **No nicotine. Limit alcohol.** Both slow healing.

Supplement	How Much	When
Everyone		
Vitamin D3	2,000 IU	Once a day
Calcium	500 mg	Once a day with food (twice a day if you eat little dairy)
Multivitamin	1 tablet	Once a day
Protein shake (whey)	1 scoop (20–25 g)	Once or twice a day, if you are not getting enough protein from food
Tendon or ligament repair or reconstruction — add:		
Collagen peptides	15 g	30–60 minutes before physical therapy or home exercises
Vitamin C	500 mg	Take with the collagen
Fracture — add only if we recommend it for you:		
Amino acid powder (arginine, glutamine, HMB)	1 packet	Twice a day for 2 weeks
Optional — to help protect muscle:		
Creatine monohydrate	5 g	Once a day
► How long: Start now. Continue for at least 12 weeks after surgery or injury, or until you are released from physical therapy.		

Before You Start

- **Check with us first** if you have kidney disease, a history of kidney stones, take blood thinners, or are pregnant or nursing.
- **Buy quality products.** Look for “USP Verified” or “NSF Certified for Sport” on the label.
- **Bring a list** of every supplement you take to your pre-surgery visit. We will tell you if any need to be stopped before surgery.