FUELING UP FOR SURGERY:

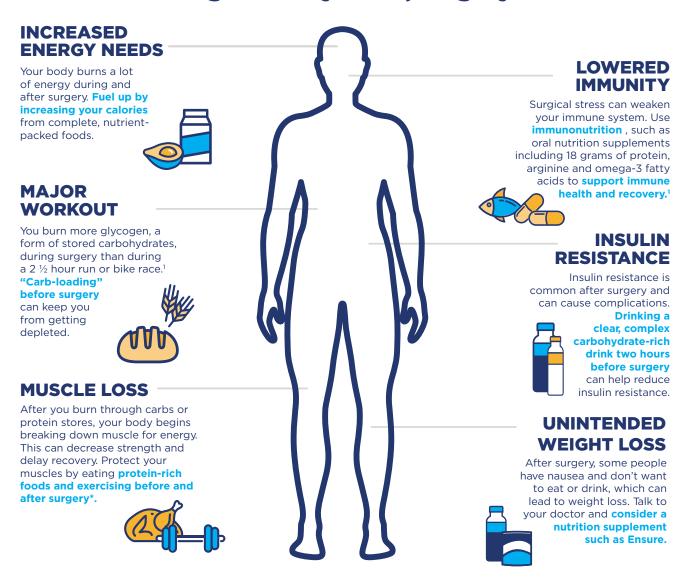
HOW NUTRITION CAN HELP YOU RECOVER





Undergoing surgery is a lot like running a marathon. During both, your body **requires proper training and nutrition** in the weeks and days before and after for the best recovery. Here's what you can do to get ready:

For the average healthy adult, surgery can mean:



The effect may be greater if you are at risk of malnutrition.

DID YOU KNOW?

In older adults, **3 days of bed rest** can result in a **loss of up to 10 percent of total leg muscle**.² Eat right and get moving after your procedure to help with recovery.



FUELING UP FOR SURGERY:







L	Surgery	date:		Time:	
1	Your heal	thcare provider s	suggests the following sched	ule:	
ore	Surgery				
e	Ensure® Surgery: an immunonutrition shake specially designed to support immune health and recovery from surgery				
ion ake	yes	☐ no	shakes per day, fo	or days before surgery.	
ella land more (%).	Notes:				
				te beverage specially designed to	
	help reduce insulin resistance after surgery and improve patient outcomes				
co			bottles night before surgery.		
re)	yes	☐ no	bottles night befo	ore surgery.	
Percy dick	yes	no		ore surgery hours before surgery.	

After Surgery



ealth and recovery from surgery						
yes	☐ no	shakes per day, for days after surgery.				
Notes:						