



## Food after surgery

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**Abstract.** Any surgical intervention is stressful for the body. That is why the diet after it should be as varied and correct as possible and contain a sufficient amount of nutrients necessary for a speedy recovery. Moreover, it is not at all difficult to compile it, because most of the necessary products can be found in the kitchen of every housewife.

**Key words:** food after surgery, recommendations, benefits, harm, beneficial properties, contraindications

## Nutrition after surgery

For many of us, food is a source of strength and energy necessary to carry out daily work, but nothing more. Meanwhile, in fact, ordinary food products are a storehouse of vitamins and microelements that can have a huge impact on our body, including promoting the rapid healing of wounds after operations.

This happens, according to orthopedic surgeon and author of numerous publications Selen Parekha, “*due to the content of special substances that have anti-inflammatory and wound-healing properties. Thus, by including these foods in your daily diet, you can quickly return to normal life after surgery.*”

Due to the fact that there are several types of operations, it is necessary to draw up a daily menu only together with the attending physician, since he alone knows how the treatment is carried out and what to watch out for.

## General rules for diet planning

In order for the recovery process to proceed faster, and the person himself not to encounter all sorts of complications, such as constipation or digestive problems, in the postoperative period it is necessary:

- eat small meals, but often (5-6 times a day); [1 – power systems ]
- give preference to whole foods, refusing “processed” ones. In other words, eat an orange instead of orange juice, a baked potato instead of French fries, etc. Simply because processed foods not only lose their beneficial properties, but also contain more fat, salt, sugar and all sorts

of additives to prolong the life. their storage. Is it worth talking about what harm the latter can bring to an already weakened body?

- remember fiber. [2] This substance improves digestion and relieves constipation. It is found in cereals, cereals, fruits and vegetables;
- choose only foods with easily digestible protein. It contains essential amino acids that promote rapid wound healing and skin regeneration. You can find it in lean meats, such as chicken, turkey or lean pork, as well as in fish and seafood ;
- give up solid food in favor of light pureed soups, semi-liquid porridges and broths;
- consume only fresh foods, avoiding frozen or canned ones, in order to get maximum benefits.

### **What the body may need after surgery**

There are a number of vitamins and microelements that promote speedy recovery. This:

- Vitamin C. After surgery, its reserves in the body are quickly depleted, since during this period the immune system tries to prevent the development of any diseases and struggles with all its might to fight pathogenic microorganisms. However, regular consumption of products with vitamin C not only restores the body's defenses, but also allows it to more actively produce collagen, which is necessary for skin regeneration. [3]
- Vitamin A. Takes part in the formation of connective tissue components and promotes skin regeneration. [4]
- Zinc is a mineral that boosts immunity and promotes faster healing of wounds. [5 ]
- Iron – it is responsible for the formation of red blood cells and the optimal level of hemoglobin in the blood. Its deficiency leads to anemia, or anemia, while its content in the diet leads to rapid recovery. [6]
- Vitamin D – ensures the growth and development of bone tissue. [7]
- Vitamin E – protects cells from toxins and has antioxidant properties. [8 ]
- Vitamin K is responsible for blood clotting. [9]
- Folic acid – takes part in the process of formation of red blood cells. The body especially needs it after strip operations. [10]
- Phosphorus - doctors can prescribe it after operations on the stomach or kidneys. In the latter case, for example, in the postoperative period, the body actively restores bone mass lost as a result of kidney failure, using more phosphorus than usual. In order to avoid problems associated with its deficiency, you need to increase the amount of foods containing it in your diet. [eleven ] \_

### **Top 12 products for quick recovery**

1. Almonds are a source of vitamin E and an essential mineral needed for rapid wound healing.
2. Beans are a source of iron, which affects the formation of red blood cells. [12 ] \_
3. Chicken breast is a source of protein responsible for the growth and development of muscle tissue, which after surgery is damaged and requires restoration.
4. Citrus fruits are a source of vitamin C, which takes part in the process of collagen production and skin regeneration. [13 Foods to Produce Collagen ]
5. Sweet pepper is a source of vitamins A, C, E and fibrin, which are actively involved in the process of skin regeneration. [14 ]
6. Ginger contains not only vitamins and microelements, but also gingerol, which helps improve blood flow and metabolic processes, including in the damaged area of the body, thanks to which the wound healing process is faster. [14]

7. Water ensures the functioning of all organs and systems, reduces the feeling of nausea and fatigue, relieves dizziness, and also removes toxins from the body that are formed as a result of inflammation in the wound after surgery. You can replace it with green tea, dried fruit compote, rosehip decoctions and jelly. Meanwhile, the amount of water drunk per day should be determined by the doctor, based on the type of operation and its course. [15]
8. Seafood - they are rich in zinc, which affects the speed of wound healing.
9. Carrots are a source of vitamin A, which is responsible for the development of epithelial cells, improves immunity, and has anti-inflammatory and wound-healing properties. [16]
10. Yogurt is a source of calcium and probiotics, which improve the functioning of the digestive system. [17]
11. Oatmeal – it contains vitamins B, E, PP, as well as iron, potassium, zinc, calcium [18], sodium [19], phosphorus [20] and magnesium [21]. Thanks to them, blood sugar levels are normalized, the functioning of the gastrointestinal tract is improved, and the body itself recovers faster. Meanwhile, after surgery it should be consumed in a semi-liquid state. [22 ]
12. Fish is a source of proteins, vitamins and microelements.

### **What else needs to be done in the postoperative period**

- Follow all advice from your doctor.
- Listen to your body and tell your doctor if you experience any pain or discomfort.
- Avoid starchy and sweet foods – they cause constipation.
- Avoid fried, fatty and smoked foods – they cause constipation and increase blood cholesterol levels.
- To walk outside.
- Get enough sleep.
- Think positively and sincerely enjoy life.

Surgery is always a test for the body. And it is in our power to help him cope with it and restore his strength as quickly as possible. Remember this, plan your diet carefully, listen to the recommendations of experts and be healthy!

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