

Nutrition and Hydration Instructions for Joint Replacement Surgery

AT LEAST 7-14 DAYS BEFORE SURGERY

Proper nutrition and hydration can help your body prepare for and recover from surgery.

- Prepare healthy and balanced meals that include foods from all food groups: protein, whole grains, vegetables, fruits, dairy or non-dairy alternative to help optimize your recovery.
- Include high quality protein such as poultry, lean meat, fish, eggs, meat alternatives, beans, legumes, low fat yogurt and cheese, and nuts/seeds to your meals and snacks to help the body prepare and heal before and after your surgery. Be sure you meet your daily needs (about 6-12 ounces per day) depending on individual needs.
- Consume adequate fiber from whole grains, fruits, vegetables, beans, legumes, and nuts/seeds to help promote a healthy digestive tract.
- Consume adequate intake of water and non-alcoholic fluids. Drink at least 8 cups of fluid per day. Hydration promotes healing.
- Avoid crash dieting before and after your surgery to ensure adequate intake of nutrients and energy for recovery. If weight loss is recommended, no more than 1-2 pounds per week is suggested.
- For more nutrition information, please refer to the Joint Replacement booklet.

THE NIGHT BEFORE SURGERY

Drink one of these 8-10 hours before your surgery if recommended by your surgeon:

16 fl oz (2 cups) Gatorade

OR

2 Bottles Ensure® Pre-Surgery Carbohydrate Clear Nutrition Drink

- Do NOT eat any solid food after midnight unless otherwise instructed by your surgeon

THE DAY OF SURGERY

Drink one of these prior to leaving the house to go to the hospital (approximately 2-3 hours before your surgery) if recommended by your surgeon:

16 fl oz (2 cups) Gatorade

OR

1 Bottle Ensure® Pre-Surgery Carbohydrate Clear Nutrition Drink

Why should I drink extra carbohydrates before surgery?

Patients have better results when they hydrate and drink extra carbohydrates (carbs) before surgery. Carb loading helps your body handle the stress of surgery.

How does carb loading improve my outcomes?

- You will likely be more comfortable both before and after surgery. You will likely feel less thirsty, less hungry, and less anxious.
- You will likely have better blood sugar control after surgery.
- You may have a shorter hospital stay and a rapid recovery.

Nutrition and Hydration Instructions for Joint Replacement Surgery continued

What can I drink and NOT drink the morning of surgery?

Please follow instructions carefully or your surgery may be canceled.

Allowed	DO NOT COMSUME
Water	Milk or Dairy Products
Apple & Cranberry Juice	Citrus Juices
Gatorade or equivalent carb containing sports drinks	Prune Juice
Ensure® Pre-Surgery Carbohydrate Clear Nutrition Drink	Juices with Pulp
Plain Coffee or Tea. No milk or creamer.	Alcoholic Beverages

NUTRITION AND HYDRATION TO-DO CHECKLIST BEFORE YOUR SURGERY

7 Days before your Surgery

- Focus on Healthy Eating and Hydration
- Purchase the recommended carbohydrate (carb) containing clear liquid beverages **if recommended by your surgeon**
- Drink at least 64 fl oz (~8 cups) of fluid per day.

1 Day before your Surgery

- Do NOT eat any solid food after midnight unless otherwise instructed by your surgeon
- Drink the recommended carbohydrate (carb) containing clear liquid beverages prior to leaving the house **if recommended by your surgeon**

Day of Surgery

- Drink the recommended carbohydrate (carb) containing clear liquid beverages prior to leaving the house **if recommended by your surgeon**