

# Dietary Considerations Pre-operatively for Cosmetic Surgery.

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These recommendations pertain especially pertinent for patients having liposuction.

It has been controversial whether to lose weight before or after having liposuction. The answer varies with the patient. Clearly, losing weight after surgery enhances benefits of the surgery. The visible improvement afterwards is generally disproportionate to the amount weight lost. i.e. losing 8-10 lbs in the wake of having surgery creates an improvement in appearance comparable to losing as much as 20 lbs. Body contouring procedures focus on inches and not pounds.

Nonetheless, for people who are overweight, losing pounds remains important even though you are having surgery. During the 2week pre-op period and the healing period of 4-6 weeks post op, try not to lose more than 1-2 pounds per week. Save the aggressive weight loss until you are healed. Good nutrition results in good healing after your procedure.

More importantly, we strongly discourage severely restricting calories during the 2 weeks immediately prior to surgery and the 6 weeks immediately afterwards. We also discourage use of appetite suppressants, like phentermine for at least 1-2 weeks prior and up to 6 weeks after surgery. During this same time period, you want to increase your protein intake without increasing your total calories. Shakes or beverages high in protein and low in calories are helpful in this regard. Good food sources of protein include: lean meats, chicken, fish, skim milk or vegan sources like soy, whey or casein. Read labels! During your consultation and pre-op evaluation, we will give you specifics pertaining to your unique circumstances. A simple rule of thumb for everyone is to eat lots of fruits and vegetables. Think color!!!! Red, yellow, green orange, purple- Eat foods with lots of color to get the nutrition you need from food to heal well.

When your diet is not perfect, generally, supplements are worth considering. We recommend the following for most patients:

Recommended supplements:

- Vitamin C 500mg or so/day. Amounts in excess of 1000mg/day may be associated with increased risks for bleeding.
- Chelated Zinc 50 mg twice per day
- Vitamin K 5mg/day 7-14 days pre-op
- Arnica Montana and Bromelain for people who bruise easily are recommended.
- A good multivitamin without large amounts of vitamin A and E may be acceptable. Many good options are available. Medical grade supplements are available at WISE Medical Center. Discuss your brand with your consultant.

**Avoid:** Caffeine, aspirin and aspirin like medications and very high doses of vitamin C (more than 1000mg/day). Also, high doses of vitamin E and A, as well as Garlic, Gingko, Ginseng, Echinacea and selenium are anticoagulants and should be avoided. St. Johns Wort, Yohimbe and melatonin immediately prior to surgery interfere with the local anesthetic and should be avoided for several days prior. MaHuang (aka Ephedra) and Gotu Kola and other stimulant type herbal products should be avoided.

It is also advisable to avoid heavy consumption of simple carbohydrates-breads, pastries, syrupy stuff and "sweets" in general. Having higher than normal blood sugar levels impedes the healing process.