

Nutrition Plan to Prepare Your Body for Spine Surgery

Studies show that eating and drinking certain types of foods before and after your surgery may make your recovery easier. Proper nutrition can improve your body's ability to heal and reduce problems after surgery. This may help you have a smoother and faster recovery.

If you have any questions, please talk with your physician.

Following this nutrition plan may also help you by:

- › Making you feel less thirsty and hungry before and after your surgery
- › Helping your intestines return to normal function more quickly after surgery
- › Possibly allowing you to have a shorter hospital stay

If you have diabetes, be sure to talk with your care team about the right nutrition plan for you.

Before surgery

Eating high-protein and high-carbohydrate foods in the few weeks before surgery can help give your body the fuel it needs to heal after surgery. Immunonutrition drinks add special types of amino acids (the building blocks of proteins) that may improve your healing.

2 to 4 weeks before surgery

Start eating a high-protein, high-carbohydrate diet. Fueling your body with protein will help maintain muscle mass and support tissue repair.



High-protein foods include:

- › Meats like beef, pork, chicken, turkey and fish
- › Dairy products like whole milk, cottage cheese and Greek yogurt
- › Eggs, egg whites and egg yolks
- › Nuts and seeds
- › Beans

High-carbohydrate foods include:

- › Starches like whole grain bread, brown rice and whole grain pasta
- › Beans like lentils and chickpeas
- › Starchy vegetables like winter squash, potatoes, corn and peas
- › Fruit like apples, grapes and oranges
- › Low-fat dairy products like low-fat milk and light, flavored yogurt

7 days before surgery

Drink 1 bottle of immunonutrition drink 2 times a day. Immunonutrition drinks are special nutritional supplements made to help people who have had surgery recover.

Examples include:

- › Impact Advanced Recovery® Drink
- › Ensure® Surgery Immunonutrition Shake

2 hours before you arrive for surgery

You may drink clear liquids up to 2 hours before your surgery.

Clear liquids include:

- › Water
- › Plain tea or coffee (no milk or creamer)
- › Clear broth
- › Sports drinks
- › Soda
- › Apple juice



Your care team will give you more detailed instructions about what to eat and drink the day and hours before your surgery.

After your surgery

After surgery, focus on eating foods that reduce inflammation, help repair tissue and give you nutrients. Protein, vitamin A, vitamin C and zinc are nutrients that promote a healthy recovery. A registered dietitian can help you with a meal plan.

Right after surgery, drink 1 bottle of an advanced nutrition shake 2 times a day for 7 days. Along with a nutrient-dense diet, advanced nutrition shakes can give you the nutritional support you need after surgery.

Examples include:

- › Ensure® Enlive® Advanced Nutrition Shake
- › Ensure® Surgery Immunonutrition Drink

If you are recovering from your surgery in the hospital, your care team will order a specialized powder you mix into liquid that helps your body heal wounds faster. You do not need to keep taking these supplements after you leave the hospital.

If you have any questions, ask your care team.

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