



PRE-SURGICAL DIET OPTIMIZATION & PREPARATION GUIDE

Enhance Recovery | Reduce Inflammation | Optimize Healing

Preparing your body before surgery is one of the most effective ways to improve recovery, minimize complications, and support optimal healing. This guide provides essential recommendations for an anti-inflammatvory diet, immune support with Xcelerated Recovery (XR®), pre-surgical skin preparation, and the critical role of sleep in recovery.

QUICK REFERENCE SUMMARY TABLE

Focus Area	Timeframe	Key Actions
Anti-Inflammatory Diet	3 weeks before surgery	Follow whole-food diet; eliminate processed foods and sugar.
Xcelerated Recovery (XR®) Program	3 weeks before surgery	Start XR® supplement plan to enhance healing and reduce inflammation.
Sleep Optimization	3 weeks before surgery	Aim for 7-9 hours of sleep; limit screens before bed.
Hydration & Nutrition	Ongoing	Drink water daily; eat nutrient-dense meals.
Skin Preparation (Hibiclens®)	3 days before surgery	Follow pre-op showering protocol to reduce infection risk.
Medications	2 weeks before surgery	Stop NSAIDs; coordinate stopping blood thinners with a doctor.
Blood Thinners	Varies	Consult physician for stop/restart timeline (see table below).

WHY AN ANTI-INFLAMMATORY DIET MATTERS

Chronic inflammation contributes to conditions such as:

- ✓ Heart Disease
- ✓ Arthritis
- ✓ Diabetes
- ✓ Chronic Pain
- ✓ Autoimmune Disorders

An *anti-inflammatory diet* can help by:

- ✓ Reducing inflammation
- ✓ Strengthening immune function
- ✓ Supporting faster healing after surgery
- ✓ Enhancing overall health



XCELERATED RECOVERY (XR®) PROGRAM FOR PRE-SURGERY OPTIMIZATION

Your surgeon recommends the *Xcelerated Recovery (XR®)* Program to prepare your body for surgery. This program is designed to:

- ◆ Prevent Muscle Atrophy: Maintain muscle strength before and after surgery.
- ◆ Boost Immune Function: Reduce the risk of post-surgical infections.
- ◆ Enhance Energy Levels: Pre-op carb loading helps prevent fasting-related fatigue.
- ◆ Support Wound Healing: Nutritional supplements promote faster tissue repair.

How to Get Started with XR®

- 📌 **Easy Ordering:** Scan the QR code in your pre-op packet to order the **3-Week Surgical Program** or **2-Week Recovery Bundle** from **The Recovery Shop**.
- 📌 **Support Available:** XR® offers **phone and text support** for easy ordering assistance.
- 📌 **Purchase Online:** Visit **The Recovery Shop** to purchase the **XR® Program** today.

Product Highlights

- ✓ **NSF Certified for Sport®**
- ✓ **Free From:** Sugar, gluten, lactose, artificial dyes, and colors
- ✓ **Clinically Researched** Ingredients
- ✓ **Versatile:** Mix with water, protein shakes, or smoothies
- ✓ **Low Calorie:** Only **70 calories** per serving

THE ROLE OF SLEEP IN SURGICAL RECOVERY

Why Sleep Matters Before Surgery

- ✓ **Boosts Immune Function:** A well-rested body fights infections better.
- ✓ **Regulates Inflammation:** Poor sleep increases inflammatory markers.
- ✓ **Supports Muscle Repair:** Sleep helps prevent muscle breakdown.
- ✓ **Reduces Pre-Surgery Stress & Anxiety:** Good sleep improves mood and cognitive function.

Why Sleep is Critical After Surgery

- ✓ **Accelerates Wound Healing:** Sleep enhances tissue regeneration.
- ✓ **Reduces Pain Perception:** Deep sleep can help manage pain naturally.
- ✓ **Optimizes Medication Effectiveness:** Lack of sleep can interfere with pain management.



Pre-Surgery Sleep Tips

-  **Set a Schedule:** Aim for 7-9 hours of sleep per night.
-  **Avoid Caffeine & Alcohol:** Stop caffeine at least 6 hours before bedtime.
-  **Limit Screens Before Bed:** Reduce blue light exposure 1-2 hours before sleep.
-  **Try Relaxation Techniques:** Deep breathing or a warm bath can improve sleep quality.

BLOOD THINNERS AND SURGICAL CONSIDERATIONS

Commonly Prescribed Blood Thinners and Surgical Guidelines

Medication	Type	Typical Stop Time Before Surgery	Restart Time Post-Surgery	Notes
Warfarin (Coumadin)	Vitamin K Antagonist	5-7 days	24-48 hours (if no bleeding)	INR monitoring required
Aspirin	Antiplatelet	5-7 days	24 hours	Often continued for heart patients
Clopidogrel (Plavix)	Antiplatelet	5-7 days	24-48 hours	Check with cardiologist if stents present
Prasugrel (Effient)	Antiplatelet	7 days	24-48 hours	Higher bleeding risk
Ticagrelor (Brilinta)	Antiplatelet	5 days	24-48 hours	Alternative for Plavix
Dabigatran (Pradaxa)	Direct Thrombin Inhibitor	2-4 days	24-48 hours	Kidney function affects clearance
Rivaroxaban (Xarelto)	Factor Xa Inhibitor	2-3 days	24-48 hours	Lower bleeding risk vs warfarin
Apixaban (Eliquis)	Factor Xa Inhibitor	2-3 days	24-48 hours	Preferred for elderly patients
Enoxaparin (Lovenox)	Low Molecular Weight Heparin	24 hours	12-24 hours	Used as bridging therapy

 **Always consult your physician before stopping or restarting any blood thinner.**



WHEN TO CONTACT YOUR HEALTHCARE PROVIDER

Seek medical advice if you experience:

- 🌀 Unintentional weight loss
- 🌀 Severe fatigue
- 🌀 Persistent digestive issues
- 🌀 Skin irritation or reactions after using Hibiclens®

**For personalized guidance, consult Dr. Robert Moghim
or a registered dietitian.**

♥ Your health is our priority—let food, sleep, and preparation be part of your healing journey. ♥