

Protein Intake for Wound Healing

Proper nutrition is essential for wound healing. Your diet can play a critical role in how your wound heals and the duration of your recovery. It is important to consume a well-balanced diet (fresh fruits and vegetables, whole grains, protein, dairy) along with increased protein intake. Increasing protein in your diet will help aid in healing the surgical site and increase your overall recovery.

It is recommended to consume a protein shake twice a day or with breakfast, lunch, or dinner. Look for something that has the highest amount of protein and the lowest amount of added sugars (20-30 grams of protein and 1-2 grams of sugar per serving). They come in several flavors and can be found at any convenient store. Protein powders versus the premade protein drinks are typically the most cost effective and useful. They can be blended with just about anything to enhance the flavor and nutrient intake. Below are a few brands that previous patients have recommended:

Orgain Organic Protein (Vegan)
Premier Protein
Pure Protein

Muscle Milk
Equate Max/High Protein
Ensure Max Protein

You should increase your protein intake with other sources as well. Below are some suggestions for foods that are high in protein:

Seafood
Lean meats
Poultry
Dairy
Eggs

Beans
Nuts or seeds
Peanut butter
Quinoa
High protein nutritional bars

You should start increasing your protein intake now and continue for at least 6 weeks after surgery. If you have any questions regarding your diet and protein intake, please contact your surgeon's office at 815-398-9491 for further recommendations.