



**Mount
Sinai**

**Department of Surgery
Division of Plastic & Reconstructive Surgery
Mount Sinai Health System**

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DIET RECOMMENDATIONS AFTER SURGERY

What you choose to eat after surgery can have a big impact on your recovery!

There are 4 nutritional elements that have been shown to be beneficial for wound healing:

Protein – Zinc – Vitamin C – Vitamin A

Here are 3 foods that we encourage you to include in your diet to help you most easily meet your needs:

Chicken/turkey breast

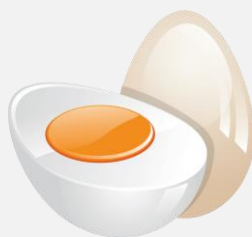


High in: Protein and Zinc

Serving size: **4 oz (size of fist)**

Eat at least **1 serving per day**

Eggs



High in: Protein and Vitamin A

Serving size: **1 egg**

Eat at least **2 servings per day**

Orange juice



High in: Vitamin C

Serving size: **8 oz**

Drink at least **2 servings per day**

Thank you for your commitment to your recovery,

And please contact us with any questions about your diet after surgery!