

FUELING UP FOR SURGERY:

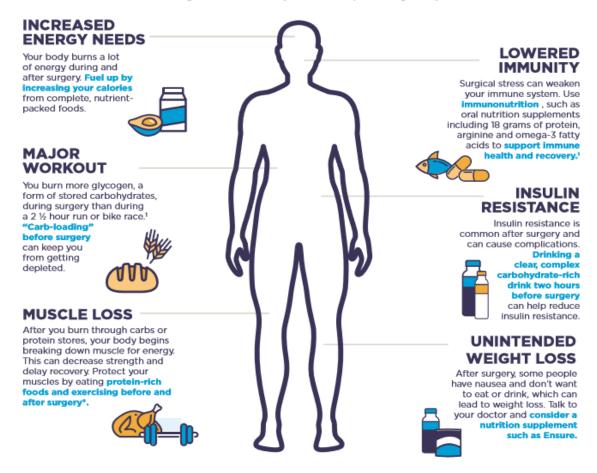
HOW NUTRITION CAN HELP YOU RECOVER





Undergoing surgery is a lot like running a marathon. During both, your body **requires proper training and nutrition** in the weeks and days before and after for the best recovery. Here's what you can do to get ready:

For the average healthy adult, surgery can mean:



The effect may be greater if you are at risk of malnutrition.

DID YOU KNOW?

In older adults, **3 days of bed rest** can result in a **loss of up to 10 percent of total leg muscle**.²

Eat right and get moving after your procedure to help with recovery.

The Ensure Pre-Surgery Carbohydrate Drink should be consumed quickly (in less than 5 minutes rather than sipped over time).