

Nutrition & Exercise

In the early days after surgery, good self care is important to your healing. Nutrition and movement are both critical as you recover and move forward.

It's important to eat well, stay hydrated, and stay active in order to heal properly and fuel yourself for upcoming challenges and adventures.

NUTRITION & MOVEMENT

Good nutrition and drinking fluids is important as you recover from the trauma of surgery. If you experience nausea or constipation, let your care team know and they can make meal adjustments and consider medications to help alleviate your discomfort.

You will also be encouraged to move around, within the limits of your abilities and energy. Your nurse may teach you breathing and other mild exercises until you're ready to work with a physical therapist.



ONGOING SELF-CARE

Healing from surgery

As your body works to repair itself, you use protein, energy from carbohydrates, vitamins, and minerals. It is important to make sure you are getting enough quality nutrients.

If you find it difficult to shop or prepare meals, consider fresh-packed convenience meals, prepared salads, and cut-up fresh fruits and vegetables. When purchasing processed or frozen meals, look for options that are not high in sodium, fat, and/or sugar.

If you need supplemental nutrition or other assistance, reach out to your care team for resources.



For more resources on adjusting to life with limb loss, scan the code or visit HangerClinic.com/LimbLoss.

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Supporting your energy needs over time



We often overlook the effects that stretching, meditation, and nutrition can have on our body and life. Stretching and meditation help you become more aware of your body and connect you to your physical movement, while nutrition and a healthy fitness routine fuels your body and provides energy to support its many functions.

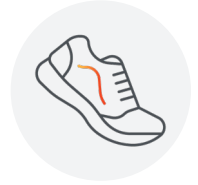
Managing water retention or swelling



You may retain water and experience swelling, as a natural part of the healing process. To minimize this, drink plenty of water and reduce sodium in your diet. Also, wear your shrinker and move your body. Movement will help your system naturally mobilize fluids that build up.



Exercising and becoming more active



Exercise and strength training are critical to improving your balance and strengthening your core (i.e., abs, lower back, and hip muscles). These muscles will work together to coordinate movement and provide balance.

From there, endurance and strength training exercises can help you get back to doing the activities you enjoy in life. Ask your physical therapist for suggestions or work with a personal trainer who has experience with limb loss.

Managing diabetes or other chronic illness



If you are living with diabetes or another condition, you already know that good nutrition helps ensure more stable blood sugar levels and overall well-being. Keep up what you've already learned and consider reaching out to a diabetes educator or nutritionist for extra support.

Helping to ensure prosthetic comfort and safety



Your prosthetic socket is made for your body and designed to accommodate normal fluctuations in body weight and size. Maintaining a relatively consistent body weight helps you avoid the potential discomfort, skin breakdowns, and pain of a too-tight prosthesis.



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