



Facial Surgery Diet Recommendations

Goal:

- Inflammation/swelling reduction through dietary modifications

Diet:

This diet is very simple and easy to follow for the prescribed time. If you maintain it for longer durations the benefits may be significant in terms of weight loss, energy, and an overall sense of well-being.

- To reduce inflammation: Eliminate grains, dairy, beans/legumes and simple carbohydrates such as sugar. Recommended for 3 weeks before surgery and 2 weeks after.
- Eat: chicken, fish, meats, vegetables, fruits and tree nuts (avoid peanuts).
- To reduce edema (swelling): Reduce sodium (salt) for one week prior to surgery and two weeks following surgery. Avoid processed foods and foods from restaurants if possible.
- To reduce ecchymosis (bruising): Avoid red wine, Thai black mushrooms, aspirin, ibuprofen, fish oil and vitamin E for two weeks prior to surgery and three weeks after surgery. Avoid excessive alcohol one week prior to surgery.
- Additional recommendations to decrease bruising and swelling: Take the following supplements according to package directions for 1 week prior to and 1 week after surgery: *Papain (papaya extract)*, *Bromelain (pineapple extract)*, and *Arnica*

Rationale:

Grains and dairy products contain proteins and other molecules that cause inflammation, resulting in swelling and fluid retention in your body. Dietary salt also contributes to fluid retention. A varying degree of swelling after facial surgery is typical. Increased swelling will result in a slower recovery. Thus, limiting dietary factors that cause swelling will ultimately speed recovery to a natural and desirable appearance.