

MICHAEL PAYNE FAQ

HOW CAN I PREPARE MYSELF BEFORE SURGERY?

In advance of surgery, the following steps should be taken:

- Stop smoking
- Eat a balanced diet
- Avoid excessive alcohol
- Exercise
- Minimise stress and learn relaxation techniques
- Avoid aspirin, ibuprofen and other medications (including herbal) which can cause excessive bleeding
- Avoid any supplements which may increase surgery risks
- Drink plenty of fluids to ensure the body is hydrated the day before surgery
- Plan the recovery period – take time of work and ensure that everything is to hand

WHAT AFTERCARE PROCEDURES SHOULD I FOLLOW AFTER SURGERY?

- Discomfort or numbness may initially be experienced around the wound – this is normal. Any pain can be relieved by regularly taking pain medication although any sudden worsening of pain should be reported.
- Wounds should be kept clean and dry for the first few days and advice will be given on showering afterwards.
- The risk of infection can be minimised by keeping any dressings clean and dry and wounds should not be touched unnecessarily.
- In most cases, wounds heal within 2 weeks but certain health problems, such as diabetes, can delay wound healing. Good wound care will also help to minimise scarring.
- Look after the skin by avoiding perfumed or coloured products and use only mild, hypoallergenic products.
- Drink plenty of water to flush out any toxins and allow the skin to hydrate.
- Never pick at scabs as this will increase the possibility of infection and scarring – allow wounds to heal naturally.
- Avoid direct sunlight for the first few days. If going out, use a high factor sunscreen (30-40 SPF)



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ARE THERE ANY NUTRIENTS THAT I CAN TAKE TO AID HEALING?

Research has shown that the correct diet and nutrients before and after surgery can aid recovery and the healing process. A healthy diet of fruit, vegetables, whole proteins and complex carbohydrates will help support the body through surgery.

Supplements help the body to better prepare for the procedure, improve healing times and help to achieve a better outcome. To achieve the best healing, cellular function and blood flow needs to be at maximum capacity. The production of collagen is essential to the healing process as it helps the body build new tissue. This is achieved through proper diet and exercise but supplements can boost the process, reduce the risk of swelling and infection, pain and may improve the overall surgical experience.

Vitamins and minerals to consider are:

Vitamin C

helps promote healing and works with zinc to make collagen, is needed for the skin to produce elastin which allows wounds to stretch, helps support the immune system and acts as an antioxidant.

Good sources – fresh fruit and vegetables, particularly oranges/orange juice, red and green peppers, strawberries, blackcurrants, broccoli and potatoes, but can be depleted through cooking.

Vitamin A

required for cell growth, enhances the production of connective tissue, helps fight infection and speeds up recovery. The body stores any Vitamin A not needed immediately for future use so it is not needed every day and sufficient should be gained from the daily diet.

Good sources – cheese, eggs, milk, yoghurt.

Beta-carotene is converted into Vitamin A by the liver and is found in yellow, red or orange fruits and vegetables such as carrots, red peppers, pumpkin, sweet potato, mango, melon and apricots and green leafy vegetables such as spinach.

Zinc

essential for repair, wound healing and the immune system. Assists with the production of collagen.

Good sources – lean meat, fish, milk, cheese, yoghurt, whole grains, nuts, seeds (especially pumpkin)

Iron

low levels can impair the body's ability to clot.

Good sources – meat, liver, dark-green leafy vegetables (such as spinach and curly kale), beans, nuts, dried fruit (such as apricots), whole grains and fortified breakfast cereals.



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ARE THERE ANY NUTRIENTS THAT I CAN TAKE TO AID HEALING?

Selenium

aids the production of enzymes and proteins in the body. Detoxifies the body and helps the immune system function.

Good sources – fish, meat, eggs and brazil nuts

Amino acids (especially L-Arginine and L-Glutamine)

increases the amount of collagen for wound repair and supports the immune system.

Good sources of L-Arginine – seafood, nuts (especially pine nuts and peanuts), foods high in protein such as meat, chicken and dairy products, fish, eggs (especially yolks) and grains (especially oats) Good sources of L-Glutamine – dairy products (especially milk, yoghurt, ricotta cheese and cottage cheese), beef, chicken, pork, fish, beans, cabbage and spinach

Probiotics

boost the immune system prior to surgery to enable the body to respond quicker to possible infection, neutralises the effects of antibiotics on the gut flora.

Good sources – yoghurt, buttermilk, soft cheeses such as Gouda, dark (good, high-quality) chocolate and pickles



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SUPPLEMENTS

Arnica

reduces bruising, inflammation and swelling.

Bromelain

reduces bruising, inflammation, swelling, pain and healing time. Often used in conjunction with Quercetin.

Quercetin

acts as an anti-inflammatory by promoting histamine release and speeds up healing.

Comfrey (applied topically)

contains allantoin which encourages cell growth and reduces inflammation.

It should be noted that certain supplements, nutrients and herbs may result in complications such as excessive bleeding leading to a haematoma and should be avoided during the weeks before and after surgery. These include:

- [X] Bilberry
- [X] Cayenne
- [X] Cranberry
- [X] Dong Quai
- [X] Echinacea
- [X] Ephedra
- [X] Feverfew
- [X] Garlic
- [X] Ginger
- [X] Ginkgo Biloba
- [X] Ginseng
- [X] Green tea
- [X] Kava Kava
- [X] Omega 3 fatty acids
- [X] St John's Wort
- [X] Valerian Botanical
- [X] Vitamin E
- [X] Vitamin K

