

Pre-Surgical Preparation Guide: Functional Medicine Approach for Optimal Recovery

Surgery is a physical stressor—but with the right preparation, your body can heal faster, reduce complications, and support long-term health. This guide outlines supportive strategies to prepare your mind and body before surgery.

1. Nutrition & Hydration Goals:

Reduce inflammation, support tissue repair, and balance blood sugar.

Eat whole, anti-inflammatory foods:

- Organic vegetables, wild berries, pastured meats, bone broth, and healthy fats (avocado, olive oil, coconut oil)

Eliminate or minimize:

- Sugar, processed foods, gluten, dairy, and alcohol

Stay hydrated:

- Drink half your body weight in ounces of filtered water daily
- Optional: Add bone broth or collagen peptides to support healing

Key Supplements (Start 2–4 weeks prior unless otherwise advised)

Supplement	Purpose	Suggested Dose
Magnesium Glycinate or Chelate	Muscle relaxation, stress response	200–400 mg daily
Vitamin C (liposomal)	Collagen synthesis, immune support	1,000 mg twice daily
Zinc Picolinate	Immune defense, tissue repair	15–30 mg daily
Omega-3 Fish Oil	Anti-inflammatory, heart and vascular health	1,000–2,000 mg daily
Probiotics (broad-spectrum)	Gut support, especially if antibiotics will be used	10–50 billion CFU daily
NAC or Glutathione (liposomal)	Detox support and antioxidant protection	As directed by provider

Note: Always discuss supplement use with your surgeon—some may need to be paused a few days before surgery (e.g., omega-3s, turmeric).

3. Mitochondrial & Detox Support

- Avoid toxins: Choose non-toxic skincare, cleaning products, and filtered water.
- Dry brushing and Epsom salt baths support lymphatic flow and detox.
- Liposomal glutathione or NAC helps the liver process anesthesia and medications.
- Consider a castor oil pack over the liver area nightly for 15–30 min.

4. Immune Priming

- Prioritize deep sleep (7–9 hours per night)
- Daily movement: gentle walking, stretching, or yoga
- Practice nasal breathing, mouth taping at night, or vagus nerve stimulation for immune regulation
- Medicinal mushrooms (e.g., Reishi, Turkey Tail, Cordyceps) for immune modulation

5. Mind-Body Preparation

- Practice deep breathing, meditation, or guided imagery to reduce surgical anxiety
- Journal or write affirmations for a successful outcome
- Ask for support: family, friends, or a spiritual/mental health guide
- Prepare your recovery space with soft lighting, clean air, and peaceful surroundings

6. Day-of-Surgery Tips

- Fast as instructed—typically 8–12 hours without food or drink
- Bring lip balm, non-toxic toiletries, and earplugs if you're staying overnight
- Take only the medications or supplements approved by your surgeon
- Inform the care team of any sensitivities to adhesives, medications, or metals

Transition to Post-Surgical Recovery

Your post-surgery care will continue with pain management, inflammation control, and tissue healing strategies—many of which build on this prep.