# POST-OPERATIVE NUTRITION AND SUPPLEMENTATION

To optimize your surgical results at XSculpt, here are some proven nutrition and supplementation recommendations.. These can be easily found on Amazon or any vitamin store. **Start taking these 7 days before surgery and continue for 3 months after your surgery for best results.**

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| **Protein**<br>0.8 to 1 gram per pound of body weight per day | Your body needs protein to help build and repair muscle, skin, and other body tissues. Protein also helps fight infection, balance body fluids, and carry oxygen through your body. Food is preferable, but powders and drinks can be used |
| **Vitamin A**<br>25000 IU per day | Vitamin A stimulates epidermal turnover, increases the rate of re-epithelialization, and restores epithelial structure |
| **Vitamin C**<br>1 gram per day | Vitamin C, also known as ascorbic acid, is required for the synthesis of collagen. It is also a highly effective antioxidant protecting cells from damage by free radicals. Studies have shown that the vitamin can help speed the healing process of wounds. |
| **Vitamin E**<br>2000 IU per day | Vitamin E speeds wound healing and improves the cosmetic outcome of burns and other wounds. |
| **Zinc Gluconate**<br>50 mg per day | Zinc plays a major role in regulating every phase of the wound healing process; ranging from membrane repair, oxidative stress, coagulation, inflammation and immune defence, tissue re-epithelialization, angiogenesis, to fibrosis/scar formation. |
| **Arginine**<br>2000 mg once in the morning and 2000 mg once at night | Arginine has been shown to enhance wound strength and collagen deposition in artificial incisional wounds in rodents and humans. A role for dietary intervention in the form of arginine supplementation has been proposed to normalize or enhance wound healing in humans. Either powder or tablets are acceptable |
| **Glutamine**<br>5000 mg per day | Glutamine is the most abundant amino acid in the plasma and is a primary metabolic fuel for rapidly proliferating cells. It is utilized by immunologically active cells and cells that are involved in wound repair. Powder is preferred as it's easier to take than tablets. |
| **Curcumin C3**<br>500 mg once in the morning and once at night | The curcumin found in turmeric can help wounds heal by decreasing inflammation and oxidation. It also lowers the response of your body to cutaneous wounds. This results in your wounds healing more quickly. Studies have found that turmeric can positively affect tissue and collagen as well. |
| **Collagen**<br>40 grams a day | Collagen plays a key role in each phase of wound healing. As a major extracellular matrix (ECM) protein, collagen is the most abundant protein in humans, contributing 25% of total protein mass and ~80% of the skin's dry weight. .They stimulate and recruit specific cells, enhancing the healing cascade. The collagen type should at least contain type I collagen |

Contact our office at info@xsculpt.com or talk to your patient coordinator if you have any questions.

# PEPTIDE THERAPY

Peptides are short chains of amino acids that act like signals. They tell your body to start specific jobs such as tissue repair, lean-mass support, and fat metabolism. Certain peptides can raise growth-hormone activity or support skin remodeling, which may aid recovery after procedures.

Certain peptides have been proven to accelerate and optimize the healing process more than dietary supplements alone.

At XSculpt, we can add this to your surgical plan. **Peptide therapy is usually started on the day of surgery and continued for 6 weeks.** These peptides are self-administered by a subcutaneous injection once a day in the morning.

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| **GHK-Cu** | Copper peptide (GHK-Cu) helps your skin heal after surgery by supporting repair and reducing inflammation.<br>• Helps start the body's healing process in skin<br>• Attracts immune cells to clean and protect the area<br>• Acts as an antioxidant and calms inflammation<br>• Supports collagen and glycosaminoglycan production for stronger tissue<br>• Encourages new blood vessel growth for better nutrient flow<br>• May speed healing, reduce swelling, and improve scar quality |
| **BPC-157** | BPC-157 may help wound healing, with most research in animals and early lab studies.<br>• Reported to improve several steps of tissue repair<br>• May reduce swelling and limit tissue death near the wound<br>• Fewer granulocytes (certain white blood cells) were seen around treated wounds in studies<br>• Observed faster skin closure (epithelialization)<br>• Linked to more granulation tissue plus reticulin and collagen formation<br>• Overall, studies suggest a potential benefit for surgical wound healing |

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