

Protein Supplementation for Surgery Recovery

Why it matters, how much, and what to buy

Why protein matters for your recovery

When you undergo major surgery, your body enters what is known as a **catabolic state**. To provide the energy needed for healing, your body begins to **break down your own muscle tissue**.

To counteract this and give you the best possible outcome, we recommend supplemental protein. Adequate protein intake:

- **Reduces swelling.** It helps decrease edema in the tissues around your new joint, which helps manage your pain.
- **Preserves muscle mass.** It helps your body maintain and repair muscle during recovery.
- **Reduces complications.** Patients who maintain adequate protein levels often have fewer post-operative complications.

If you take a GLP-1 medication, this matters even more.

Medications such as **Ozempic, Wegovy, or Zepbound** can cause a faster loss of muscle mass, which makes protein supplementation a vital part of your surgical preparation. Studies show up to **38% of GLP-1 users are undernourished**.

Tell the office if you are taking one of these. It changes more than your protein plan.

Your protein protocol

We recommend an additional **25–30 grams of protein, twice a day**:

When	What to do
2 weeks BEFORE surgery	25–30 g of protein, twice a day.
2 weeks AFTER surgery	25–30 g of protein, twice a day.
If you have low muscle mass	Start a protein supplement once a day, right now — don't wait for the two-week window.

Some studies suggest the body may need the protein equivalent of **up to nine chicken breasts a day** to counteract the catabolic state. We do **not** recommend eating that much meat. A supplement is the efficient way to get there.

Recommended products

Any of these will work. Choose based on taste, convenience, cost, and any dietary restrictions you have. **You do not need to buy a specific brand** — these are options patients have found to work well.

1. EnRoute — Convenient daily packets

Best for patients who want easy, pre-portioned daily dosing.

Where to buy: Information is in your pre-op folder.

Cost: \$254. A discount code is on the handout provided at booking.

2. Levels Protein Powder — High quality / clean

Best for patients concerned about purity — known to be free of heavy metal contaminants such as lead.

Where to buy: Online at levelsprotein.com · Costco (online) · Target Pharmacy, in the protein aisle.

Cost: levelsprotein.com: \$81 for 4 lbs. Costco: \$70 for 5.64 lbs. Target: \$32 for a 1.5 lb jar, which lasts about 11 days at twice daily — close enough if you are already healthy.

3. Prime Protein — Dairy-free

Best for patients with dairy sensitivities or restrictions.

Where to buy: equipfoods.com

Cost: \$155 for 3 packs. Buy 3 packs and use 1.5 scoops per serving.

4. Mend Protein — High performance

Best for patients who want a product with a strong track record in total joint patients. It has been well studied.

Where to buy: Use the discount code provided at booking.

Cost: \$104 for 4 weeks with the code. **Fair warning: it does not taste great**, but it works well. Mix it into a fruit smoothie or your favorite beverage.

Paying for it

Many patients can use HSA or FSA funds to purchase protein supplements. Check with your plan administrator.

This handout is general guidance for surgical recovery, not individualized nutrition advice. If you have **kidney disease, liver disease**, or any condition requiring a protein-restricted diet, **do not start a protein supplement without talking to us or to the physician who manages that condition first**. If you are unsure, call the office.