The Critical Need for Pre and Post-Operative IV Nutrition

Nutrient depletion is widespread in the population
Nutrient depletion in the general population is very common in this day and age of broadly nutrient-depleted soil, environmental toxin exposure and poor dietary habits. Beyond this, the RDA’s for many nutrients are set so low as to barely prevent vitamin deficiency diseases.

Vitamin C is a great example. The current RDA for vitamin C for adult males is 90 mg and adult females is 75 mg. Research and vast clinical experience tells us that we needs thousands of milligrams of C per day for optimum health. It is the difference between surviving and thriving. In addition to its many biochemical functions in the body vitamin C plays a critical role in wound healing, and vastly improves the body’s ability to fight both bacterial and viral infections, and cope with stress.

The links between optimal nutrition and optimal health

Health begins and ends in our cells. Health is not simply the absence of disease but the ability of the body to achieve peak function, repair, recovery and performance under stress. Optimal nutrition is pivotal to peak immune function, wound healing and the prevention of infection. Surgery, and the accompanying anesthesia, poor food intake, medications and other associated surgical stressors create a demand for optimal immune function, peak clotting function to decrease bleeding and bruising, and maximal protein synthesis for collagen formation and repair. Optimizing these functions means achieving optimal nutrient status preferably BEFORE the surgery is performed. However, deficiencies of even one or two micro or macro-nutrients often result in significantly impaired immune responses, with potentially catastrophic results.

How poor nutrition can dramatically impact surgical outcomes
There are upwards of 100 million surgeries occurring in the U.S. each year, with elective, outpatient surgeries comprising the bulk of this total. The majority of Americans are malnourished, and/or have significant chronic diseases such as heart disease, obesity, diabetes, high blood pressure, cancer and so on which can negatively impact the outcomes of these surgeries. Nutrient deficiencies and malnutrition are associated with a 2-3 fold increased risk of both major and minor surgical complications. These complications include decreased wound strength, increased risk of infection, increased inflammation, increased risk of death and delayed or impaired wound healing. Even plastic surgery outcomes are greatly impacted by pre-operative nutritional status. According to a *Journal of Nutrition*, 2003 article, “Nutritional depletion has been demonstrated to be a major determinant of the development of post-operative complications.” Up to 100,000 patients die each year of hospital-acquired infections!

**How can pre and post-operative intravenous therapy help me?**

Intravenous nutrition, delivered both pre and post-operatively, and in therapeutic doses, floods your body with life-enhancing vitamins, minerals, co-factors, antioxidants and minerals necessary for peak functioning of your entire body and especially the immune and wound healing systems. Many studies along with years of clinical experience validate these claims. In a study involving 60 patients, the half that received nutritional support had an 85% reduction in infectious complications vs. those who received no nutritional support.

**What types of surgeries can benefit from pre and post-operative IV therapies?**

IV nutrition can benefit any type of surgery:
- Hip, knee and other joint replacements are seeing some of the most dramatic benefits
- Angioplasties, heart surgery, stenting procedures
- Gall Bladder, Hysterectomies, cancer surgeries
- Virtually any patient receiving an elective surgical procedure can benefit
The most important benefits reported from these IV’s include:

- May be most beneficial in *diabetes, heart disease and cancer patients*, who are at greatest risk for surgical complications
- Vastly improved surgical recovery times
- Faster wound healing
- Reduced risk of wound infections and sepsis
- Less free-radical damage generated by surgery, anesthesia and medications
- Reduced post-operative complications
- Less bruising, swelling, inflammation and pain

Who offers pre/post-operative IV therapies and how do we access them?

Today, intravenous nutrition is rapidly becoming mainstream and recognized as critical to optimal health and healing. **Dr. Mueller and Whole Family Healthcare** in **Winter Park** now offer one of the widest menus of super-charged, nutritionally-based IV’s in the country. The heavy hitter of our flagship IV program starts with our *Immune augmentation* which contains therapeutic doses of pharmaceutical-grade vitamin C, B-complex, methyl B-12, magnesium chloride and trace minerals such as zinc and selenium. Additionally, critical amino acids can be added to create an amino acid “super-booster”. *Glutathione (Immune-Pro/Detox)* is also a major immune-booster, cellular energizer and detoxifier that is frequently added for its dramatic health-promoting effects.

How and when are the IV’s administered?

Far better results are obtained if the patient can receive a minimum of **two IV sessions prior to surgery and two IV therapies as soon after surgery as possible**. They are administered in a very comfortable infusion suite at our practice in beautiful Winter Park.
What to do if you or someone you know is having elective surgery?

We first recommend discussing the importance of pre-operative nutrition with your surgeon or primary care physician.

Some questions you may wish to ask your doctor/surgeon include:

“How does pre and post-operative intravenous nutrition affect surgical complication rates including wound healing and infections?”

“Are you familiar with the benefits of pre and post-operative nutritional therapy”?

And finally, we invite everyone who wishes to learn more about pre and post-operative nutrition therapy to contact us at Whole Family Healthcare to discuss the potential benefits of this exponentially beneficial intravenous therapy!

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