

DIET

Good nutrition is important for wound healing, since if you cannot feed enough, the wounds may not heal well. An inadequate and insufficient diet makes wound healing more difficult.

A balanced diet, varied and adjusted to the requirements of each person can be our best medicine and the key to recovery and wound healing.

There are some foods that are more linked than others in the healing process due to the nutrients they contain, especially when talking about vitamins of group B, Vitamins C and K, zinc, among others.



General guidelines

- Low volume intakes and 5 daily meals: breakfast, mid-morning, lunch, afternoon snack and dinner, which is advisable to be at least 2 hours before bedtime.
- Fats should, in general, be avoided. But a normal diet should contain them for a perfect nutritional balance.

Recommended foods

- *Milk and dairy:* prefer the less fatty; skim or skim milk, yogurt not enriched with cream.
- *Meats, fish, eggs and their derivatives:* low-fat meats, white fish, poached or water-boiled eggs, chicken or turkey meat.
- *Fruits:* fresh, very ripe, not acidic, beaten or roasted or in compote or pureed.
- *Drinks:* water, broths, mild infusions (except for mint or with mint extracts), non-acidic juices, soft drinks.
- *Fats:* olive oil and seeds (sunflower, corn, soy ...), butter or margarine (they are better tolerated in raw) and light mayonnaise (less fat than conventional ones).

This is general information ask your plastic surgeon about your particular case.

Puerto Vallarta:

Av. Los Tules 116, Díaz Ordaz,
C.P. 48310, Puerto Vallarta,
Jalisco



Renova Clínica Estética

renovaclinicapv@gmail.com
<http://www.renovaclinica.com>

Guadalajara:

Av. Copernico N°5590,
Arboledas, C.P. 45080,
Zapopan, Jalisco

(+52 322) 293 6628
(+52 33) 3634 0043