

NUTRACEUTICAL PRE-HAB PROTOCOL

Facial Surgery

A concise pre-op and post-op reference for clinical teams



90-SECOND PRE-OP SCREEN

SCREEN / TEST / INVENTORY / TIER



ACS nutrition screen

Complete the current 4-question checklist



Vitamin D level

Flag deficiency and assign follow-up



Supplement inventory

Ask: "What are you currently taking?"

ASSIGN A RISK TIER



HIGH

GLP-1 / smoker / diabetic / post-bariatric



MODERATE

Age 65+ / vitamin D <30 / low BMI



UNIVERSAL

Baseline support for every patient



START / 4 WEEKS PRE-OP

BUILD NUTRITIONAL RESERVE BEFORE

SUPPLEMENT	DOSE / TIMING	WHY IT MATTERS
Protein	1.2 g/kg/day Whey isolate or collagen	Dehiscence: 6% vs 17% Bruno, APS 2026
Collagen peptides	10 g/day	Fibroblast activation within 2 hours Sugihara, 2018
Vitamin C	500 mg/day	Cofactor for collagen cross-linking
Vitamin D	2,000-4,000 IU/day If <30: 50,000 IU/week x 4*	3.84x SSI risk if deficient Farsakoury, 2025
Zinc	15 mg/day	Healing rate 2.3x if deficient Kodama, 2022
GLP-1 patients	Space protein every 3 hours Use small, frequent meals	Delayed gastric emptying makes protein timing critical

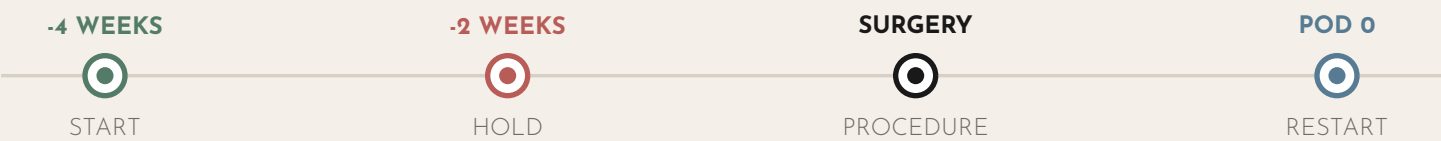
*High-dose vitamin D loading requires clinician oversight and patient-specific review.

Doses shown reflect the speaker's supplied protocol.

TIMING AT A GLANCE

Use the timeline first - then confirm the product list.

Stop. Restart. Continue.



HOLD
2 weeks before surgery

- Arnica Bromelain
- Turmeric /curcumin
- Ginkgo biloba
- Ginseng
- Garlic - high dose
- Vitamin E >400
- IU Resveratrol

RESTART
Post-op day 0

- Arnica - topical + oral
- Bromelain - 500 mg TID

CONTINUE
Through surgery

- Fish oil / omega-3s
- Vitamin C
- Vitamin D
- Protein / collagen
- Green tea / EGCG

Fish oil: continue per the cited evidence
No increased bleeding reported across 120,643 patients (Javaid, 2024; Akintoye, 2018).

120,643

KEY NUMBERS TO REMEMBER

62%

of pre-op patients are vitamin D deficient

3.84x

surgical-site infection risk with vitamin D deficiency

17% to 6%

dehiscence with protein at 1.2 g/kg/day

POD 1-7

significant reduction in ecchymosis with post-op arnica

SELECTED REFERENCES

Bruno 2026 | Farsakoury 2025 | Kodama 2022 | Sugihara 2018 | Akintoye 2018 | Javaid 2024 | Simsek 2016 | Knackstedt 2020 | SPAQI/Cummings 2021 | ACS Strong for Surgery v2, 2025

CLINICAL NOTE
Educational reference for qualified clinicians. Confirm dosing and perioperative decisions with the treating surgeon and anesthesia team.