

# **ADVANCED PERIOPERATIVE WOUND HEALING SUPPLEMENT PROTOCOL**

Preoperative and Postoperative Patient Handout

Supplement storefront:

[https://www.amazon.com/shop/drlawtonplasticsurgery?isPublicView=true&ccs\\_id=ff1bbdcf-a952-447a-9711-aeeb1b756c7a](https://www.amazon.com/shop/drlawtonplasticsurgery?isPublicView=true&ccs_id=ff1bbdcf-a952-447a-9711-aeeb1b756c7a)

## **PURPOSE OF THIS PROTOCOL**

This is an advanced wound healing protocol designed to support:

- Better collagen production
- Stronger incision healing
- Reduced bruising
- Reduced swelling
- Better immune support
- Improved gut health
- Better hydration
- Less constipation
- Smoother recovery after surgery

This is not a random vitamin list. This is a structured perioperative protocol.

## **WHEN TO START**

### **3 WEEKS BEFORE SURGERY**

Start:

- Fairlife 42g protein shakes
- Collagen peptides
- Vitamin C
- Zinc
- Copper
- Magnesium glycinate
- Vitamin D3 + K2
- Bovine colostrum
- Saccharomyces boulardii
- Electrolyte drinks

## **5 DAYS BEFORE SURGERY**

Add:

- Arnica
- Bromelain

## **72 HOURS BEFORE SURGERY**

Continue only this protocol.

Do not add any other supplements.

## **AFTER SURGERY**

### **Days 1–14**

Continue full protocol:

- Fairlife protein shakes
- Collagen
- Vitamin C
- Zinc
- Copper
- Magnesium glycinate
- Vitamin D3 + K2
- Colostrum
- Saccharomyces boulardii
- Electrolyte drinks
- Arnica
- Bromelain

### **Days 15–21**

Continue:

- Protein
- Collagen
- Vitamin C
- Zinc
- Copper
- Magnesium
- Colostrum
- Vitamin D3 + K2

- *Saccharomyces boulardii*

You may stop Arnica and Bromelain after swelling and bruising are clearly improving, unless instructed otherwise.

## DAILY DOSING CHART BY WEIGHT

Find your weight. Follow your row. Do not calculate.

| Weight | Daily Protein Goal | Fairlife 42g Shakes Per Day | Collagen Peptides | Vitamin C          | Zinc     | Copper | Magnesium Glycinate | Colostrum | Bromelain Per Dose |
|--------|--------------------|-----------------------------|-------------------|--------------------|----------|--------|---------------------|-----------|--------------------|
| 100 lb | 68 g               | 2 shakes                    | 5 g               | 500 mg twice daily | 15 mg    | 1 mg   | 200–300 mg nightly  | 2 g       | 500 mg             |
| 110 lb | 75 g               | 2 shakes                    | 6 g               | 500 mg twice daily | 15 mg    | 1 mg   | 200–300 mg nightly  | 2–3 g     | 500 mg             |
| 120 lb | 82 g               | 2 shakes                    | 6 g               | 500 mg twice daily | 20 mg    | 1 mg   | 300 mg nightly      | 3 g       | 500 mg             |
| 130 lb | 88 g               | 2–3 shakes                  | 7 g               | 500 mg twice daily | 20 mg    | 1 mg   | 300 mg nightly      | 3–4 g     | 500 mg             |
| 140 lb | 95 g               | 3 shakes                    | 7 g               | 500 mg twice daily | 20–25 mg | 1–2 mg | 300–400 mg nightly  | 4 g       | 500 mg             |
| 150 lb | 102 g              | 3 shakes                    | 8 g               | 500 mg twice daily | 25 mg    | 2 mg   | 300–400 mg nightly  | 4–5 g     | 500–750 mg         |
| 160 lb | 109 g              | 3 shakes                    | 8 g               | 500 mg twice daily | 25 mg    | 2 mg   | 300–400 mg nightly  | 5 g       | 500–750 mg         |
| 170 lb | 116 g              | 3 shakes                    | 9 g               | 500 mg twice daily | 25–30 mg | 2 mg   | 300–400 mg nightly  | 5–6 g     | 750 mg             |
| 180 lb | 122 g              | 3 shakes                    | 9 g               | 500 mg twice daily | 30 mg    | 2 mg   | 300–400 mg nightly  | 6 g       | 750 mg             |

| Weight | Daily Protein Goal | Fairlife 42g Shakes Per Day | Collagen Peptides | Vitamin C          | Zinc  | Copper | Magnesium Glycinate | Colostrum | Bromelain Per Dose |
|--------|--------------------|-----------------------------|-------------------|--------------------|-------|--------|---------------------|-----------|--------------------|
| 190 lb | 129 g              | 3–4 shakes                  | 10 g              | 500 mg twice daily | 30 mg | 2 mg   | 300–400 mg nightly  | 6–7 g     | 750 mg             |
| 200 lb | 136 g              | 4 shakes                    | 10 g              | 500 mg twice daily | 30 mg | 2 mg   | 300–400 mg nightly  | 7 g       | 750–1000 mg        |
| 210 lb | 143 g              | 4 shakes                    | 11 g              | 500 mg twice daily | 30 mg | 2 mg   | 300–400 mg nightly  | 7–8 g     | 750–1000 mg        |
| 220 lb | 150 g              | 4 shakes                    | 11 g              | 500 mg twice daily | 30 mg | 2 mg   | 300–400 mg nightly  | 8 g       | 1000 mg            |
| 230 lb | 156 g              | 4 shakes                    | 12 g              | 500 mg twice daily | 30 mg | 2 mg   | 300–400 mg nightly  | 8–9 g     | 1000 mg            |
| 240 lb | 163 g              | 4 shakes                    | 12 g              | 500 mg twice daily | 30 mg | 2 mg   | 300–400 mg nightly  | 9 g       | 1000 mg            |
| 250 lb | 170 g              | 4 shakes                    | 13 g              | 500 mg twice daily | 30 mg | 2 mg   | 300–400 mg nightly  | 9–10 g    | 1000 mg            |

## FIXED DAILY DOSES FOR EVERY WEIGHT

These do not change by weight.

| Supplement              | Dose   |
|-------------------------|--|
| Vitamin D3 + K2         | D3 2000–5000 IU daily + K2 MK-7 90–120 mcg daily |
| Saccharomyces boulardii | 1 capsule daily, or as directed on bottle        |
| Arnica montana          | Follow label directions, usually 2–3 times daily |
| Electrolyte drinks      | 1–2 ready-to-drink electrolyte drinks daily      |

## DAILY SCHEDULE

### MORNING

Take:

- 1 Fairlife 42g protein shake
- Collagen peptides
- Vitamin C
- Zinc
- Copper
- Vitamin D3 + K2
- Colostrum
- Saccharomyces boulardii
- Bromelain

Drink:

- 1 electrolyte drink

## **MIDDAY**

Take:

- 1 Fairlife 42g protein shake or high-protein meal
- Bromelain
- Arnica if label requires a midday dose

## **EVENING**

Take:

- 1 Fairlife 42g protein shake or high-protein meal
- Vitamin C second dose
- Magnesium glycinate
- Arnica

Drink:

- Water or electrolyte drink if hydration is low

# **WHAT EACH SUPPLEMENT DOES**

## **Fairlife 42g Protein Shakes**

Protein is the most important part of this entire protocol.

Your body uses protein to:

- Build new skin
- Repair surgical tissue
- Build collagen
- Support the immune system
- Prevent muscle loss
- Maintain energy during recovery

Each Fairlife shake provides 42 grams of protein. These shakes make the protocol simple because patients do not need to calculate complicated food protein totals.

## **Collagen Peptides**

Collagen provides the amino acids used to rebuild:

- Skin
- Fascia
- Scar tissue
- Connective tissue
- Tendons
- Ligaments

Collagen is especially rich in glycine, proline, and hydroxyproline. These are structural amino acids used in wound repair.

## **Vitamin C**

Vitamin C is required to make collagen strong.

Without enough vitamin C, collagen is weaker and wound healing is impaired.

Vitamin C supports:

- Collagen cross-linking
- Scar strength
- Immune defense
- Antioxidant protection
- Tissue repair

This is why Vitamin C is taken every day before and after surgery.

## **Zinc**

Zinc is one of the most important minerals for wound healing.

Zinc supports:

- New cell formation
- Immune function
- Skin repair
- Incision healing
- Enzyme function during tissue rebuilding

Low zinc can slow wound healing.

## **Copper**

Copper is included because zinc and copper work together.

If zinc is taken without copper for too long, copper can become depleted.

Copper supports:

- Collagen strength
- Elastin formation
- Blood vessel integrity
- Antioxidant enzymes
- Connective tissue repair

This is why copper is paired with zinc.

## **Magnesium Glycinate**

Magnesium glycinate is the preferred form.

Use magnesium glycinate because it is:

- Gentle on the stomach
- Better tolerated
- Less likely to cause diarrhea than magnesium citrate
- Better for sleep and relaxation

Magnesium supports:

- Sleep quality
- Muscle relaxation
- Bowel regularity
- Stress control
- Recovery

Good sleep is essential because healing accelerates during sleep.

## **Vitamin D3 + K2**

Vitamin D3 supports:

- Immune function
- Bone health
- Muscle function
- Hormonal balance
- Inflammatory regulation

Vitamin K2 helps direct calcium into bone and away from soft tissues.

Use Vitamin K2 in the MK-7 form.

## **Bovine Colostrum**

Colostrum is included because wound healing is not only skin-deep. The gut and immune system are central to recovery.

Colostrum supports:

- Gut lining integrity
- Immune resilience
- Recovery from stress
- Barrier function
- Protein-rich biologic support

This is especially useful around surgery because anesthesia, antibiotics, pain medication, and stress can disrupt the gut.

## **Saccharomyces boulardii**

This is the specific probiotic type to use.

Saccharomyces boulardii is a beneficial yeast probiotic.

It supports:

- Gut stability
- Bowel regularity
- Recovery during or after antibiotics
- Reduced digestive disruption
- Healthy microbiome balance

Do not substitute with random probiotic blends unless directed.

## **Arnica Montana**

Arnica is used around surgery to support:

- Bruising reduction
- Swelling control
- Soft tissue recovery

Start 5 days before surgery and continue after surgery.

## **Bromelain**

Bromelain is an enzyme from pineapple.

It supports:

- Swelling reduction
- Bruising reduction
- Fluid movement
- Inflammatory balance after surgery

Take it 2–3 times daily as directed.

## **Electrolyte Drinks**

Electrolytes support hydration better than plain water alone.

Use ready-to-drink electrolyte drinks, not powders.

Electrolytes support:

- Circulation
- Blood volume
- Energy
- Constipation prevention
- Reduced dizziness
- Better hydration after surgery

Look for drinks containing sodium and potassium.

## **DO NOT TAKE BEFORE SURGERY**

Stop these before surgery unless specifically approved:

- Fish oil
- Omega-3 supplements
- Turmeric
- Curcumin
- Quercetin
- Resveratrol
- Green tea extract
- High-dose vitamin E
- Herbal blends
- Fat burners
- Detox supplements
- Multivitamins
- Aspirin-like supplements
- Garlic extract
- Ginkgo
- Ginseng

## SHOPPING LIST

Use the supplement storefront:

[https://www.amazon.com/shop/drlawtonplasticsurgery?isPublicView=true&ccs\\_id=ff1bbdcf-a952-447a-9711-aeeb1b756c7a](https://www.amazon.com/shop/drlawtonplasticsurgery?isPublicView=true&ccs_id=ff1bbdcf-a952-447a-9711-aeeb1b756c7a)

### Buy These Exact Types

#### Protein

Buy:

- Fairlife 42g protein shakes

Do not buy:

- Mass gainers
- Diet shakes
- Collagen-only protein
- Low-protein drinks

#### Collagen

Buy:

- Hydrolyzed collagen peptides
- Unflavored powder preferred

Do not buy:

- Collagen gummies
- Beauty candy
- Low-dose collagen capsules

## **Vitamin C**

Buy:

- Vitamin C 500 mg tablets or capsules

## **Zinc**

Buy one:

- Zinc glycinate
- Zinc picolinate

Preferred dose:

- 15–30 mg

## **Copper**

Buy:

- Copper glycinate

Preferred dose:

- 1–2 mg

## **Magnesium**

Buy:

- Magnesium glycinate

Do not buy:

- Magnesium oxide
- Magnesium citrate unless instructed
- Random magnesium blends

## **Vitamin D3 + K2**

Buy:

- Vitamin D3 + K2 combined supplement

Look for:

- D3 2000–5000 IU
- K2 as MK-7, 90–120 mcg

## **Colostrum**

Buy:

- Bovine colostrum
- Powder or capsules

Preferred:

- Grass-fed bovine colostrum

## **Probiotic**

Buy:

- *Saccharomyces boulardii*

Do not buy:

- Random probiotic gummies
- Random multi-strain probiotics
- Refrigerated blends unless instructed

## **Arnica**

Buy:

- *Arnica montana* tablets or pellets

## **Bromelain**

Buy:

- Bromelain 500 mg capsules

## **Electrolyte Drinks**

Buy:

- Ready-to-drink electrolyte beverages

Look for:

- Sodium
- Potassium
- Low sugar or no added sugar

Do not buy:

- Electrolyte powders
- Energy drinks
- High-sugar sports drinks

## **SIMPLE FINAL CHECKLIST**

Before surgery, have these at home:

- Fairlife 42g protein shakes
- Collagen peptides
- Vitamin C 500 mg
- Zinc glycinate or zinc picolinate
- Copper glycinate
- Magnesium glycinate
- Vitamin D3 + K2
- Bovine colostrum
- Saccharomyces boulardii
- Arnica montana
- Bromelain 500 mg
- Ready-to-drink electrolyte drinks

## **FINAL PATIENT INSTRUCTIONS**

Do not guess.

Do not substitute.

Do not add extra supplements.

Follow the chart based on your weight.

Start 3 weeks before surgery.

Add Arnica and Bromelain 5 days before surgery.

Continue after surgery.

This protocol is designed to give your body the building blocks it needs for advanced wound healing, reduced bruising, reduced swelling, stronger scar formation, and smoother recovery.