Wound Healing



Blood sugar control
It is important to keep your blood sugar in a healthy range, even if you have never had any problems with high blood sugar. When blood sugar is too high, your body heals more slowly, and you get sick more easily. Eating meals with lean meats, fruits, vegetables, and whole grains helps your body heal. It also supports healthy blood flow and helps keep your body strong.



Protein
Eating meals and snacks with protein supports wound healing. It helps repair damaged tissue. Get protein from foods such as meat, eggs, milk, yogurt, beans, nuts, and seeds. Include at least one protein food in each meal to help your body heal.

Here are some meal ideas to include protein in your diet:

- Scrambled eggs with spinach, bell peppers, and avocado, and whole wheat toast
- Baked salmon, brown rice, and steamed broccoli
- Salad with a variety of vegetables, grilled chicken breast, avocado, and lemon juice for dressing
- Tuna salad sandwich with lettuce, cucumbers, and tomatoes on whole wheat bread and a side of baby carrots or apple slices
- Lentil soup and a side salad
- Beef or chicken fajitas, peppers and onions with corn tortillas
- Bean and cheese tacos on corn or whole wheat tortillas
- No sugar added reduced fat Greek yogurt with chopped fruit and pumpkin seeds



Hydration
Water helps your body move nutrients, build new cells, and reduce swelling. Drinking enough water throughout the day helps your body heal and feel better. When you take strong pain medication, water helps prevent constipation.

To keep yourself hydrated, drink:

- Sugar-free electrolyte drinks.
- Herbal tea.
- Bone broth.
- Water.
- Sparkling water.
- Foods such as watermelon, cucumber, oranges, and sugar-free Jello.

Avoid drinking:

- Caffeine, such as coffee, energy drinks, and colas.
- Alcohol.
- Sugary drinks, such as sweet tea, juice, and regular sports drinks.
- Carbonated drinks with added sugar.



Physical activity
Moving your body improves blood flow and supports wound healing. If you cannot put weight on your legs, try simple arm exercises to keep your body active.