

PREPARING FOR YOUR SURGERY

Give Your Recovery Every Advantage

Control swelling early, and feed your body to rebuild. merrittsurgery.com/recovery-tools

Surgery is a controlled trauma. Your body responds with inflammation and shifts into a breakdown state, taking apart muscle and tissue for the energy it needs to heal. Two things blunt that response: **cold therapy with compression** in the first days and weeks, and **smart nutrition** before and after surgery. These are the tools I recommend to my own patients. Please have them ready **before** your surgery date.

PILLAR ONE

Ice & Compression

A cold-therapy machine circulates chilled water with gentle compression around the joint, delivering steady, targeted cold far longer and more evenly than an ice pack can. In the first days and weeks, that consistent cold pulls down the swelling that drives most of your early pain.

Better pain control means less medication, better sleep, and getting up and moving sooner. This is the single most important thing I recommend after surgery.

"I can tell at six weeks who has been using ice and compression and who hasn't. The difference is that clear."

WHAT I RECOMMEND

Breg Polar Wave cold + compression · Incrediwear knee sleeve · BioCorneum scar cream



Scan for the Recovery Store
merrittsurgery.com/recovery-tools/

PILLAR TWO

XR Surgical Recovery Program

A 3-week nutrition program built around precision-dosed, free-form amino acids, the raw materials your body uses to rebuild muscle and tissue. They absorb quickly and go to work right away, without a heavy shake when your appetite is low. Designed by orthopedic surgeons for orthopedic patients.

Most patients heading into surgery are not eating nearly enough protein, often a third of what recovery guidelines call for. XR takes the guesswork out of closing that gap.

"Surgery pushes your body into a breakdown state. The right nutrition helps you rebuild instead of lose ground."

ALSO RECOMMENDED WITH XR

Creatine monohydrate · Collagen Plus · Vitamin C · A quality protein powder



Scan to learn about XR
merrittsurgery.com/xrnutrition/

The XR program in three steps

One week before surgery through two weeks after. Many patients extend to 4 to 6 weeks.

1 The week before

Start XR about a week before surgery so you arrive with fully loaded reserves, not depleted.

2 Night before & day of

Carbohydrate-load so you go in fueled and steady rather than running on empty after a long fast.

3 Two weeks after

Keep feeding muscle and tissue repair through the most important stretch of early recovery.

50%

of orthopedic surgery patients are not nutritionally optimized going into surgery

35%

faster return to functional activities with perioperative amino acid supplementation

25%

fewer complications when amino acid supplementation is used after surgery

Ready to prepare?

The store groups everything into three bundles so you can pick what fits your surgery: **Ice + Nutrition** (everything I recommend), **Ice & Scar** (cold therapy essentials), and **Surgical Nutrition & Recovery** (XR plus creatine, collagen and vitamin C). Braces, a CPM rental, TENS units and scar care are also sold individually. Order early so everything is home before your surgery date.



Recovery Store

These products are recommendations to support your recovery and are **not covered by insurance**. They are optional, but cold therapy and nutrition around the time of surgery are a meaningful, evidence-based part of healing well. Products are provided through an independent medical-equipment supplier. Statistics are as published by XR Science (Tedesco 2024; Ueyama 2023; Hendrickson 2022). Always follow the specific instructions from Dr. Merritt and your care team.