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ABOUT YOUR DIET

POST OPERATORY CARE

After surgical procedures procedure patients are concerned that over time, they may regain the weight lost and their new chiseled body won't last.

Dr. Tajkarimi and his team put strong emphasis on this point that it is crucial to maintain an optimal lifestyle and healthy diet to maintain your new body.

The desire to conserve a sculptured body that resists the passage of years requires you to maintain exercise and healthy diet.

WHAT YOU NEED TO KNOW ABOUT A GOOD DIET?

From the moment you are accepted for High Definition Liposculpture by Dr. Tajkarimi until the end of the recovery process, you must follow certain protocols in order to achieve optimal results and to reduce risk of complications.

STAGE 1: BEFORE SURGERY

Smoking: Absolutely no smoking is allowed for at least 6 weeks, if not more, before your liposculpting surgery. Nicotine will rob your tissues of needed oxygen and nutrients by constricting blood vessels and pumping the healing tissues with toxins. Smoking also increases the risk of the wound re-opening at the incision site, as well as increasing other surgical risks.

Healthy Diet and Hydration: This helps achieve the best aesthetic results and natural detoxification.

What to Consume Before Surgery?

- Fruits and veggies, especially those that are rich in antioxidants such as berries and greens as kale, spinach, green beans.
- Lean protein sources, which are necessary to build or maintain muscle mass. Lean protein sources include chicken (no skin), fish, beans and other legumes.
- Foods rich in omega-3 fatty acids to help keep tissues supple, this includes fatty fish, such as wild-caught salmon, sardine, anchovies and mackerel, and some nuts such as walnuts.
- At least 7 glasses of water every day to help flush toxins and support your physiological processes.
- Low-fat milk, yogurt, low-sodium cheese products.

- Antioxidants such as vitamin C, vitamin, A, selenium, CoQ10 and manganese provide protection against free radical damage and stress.

What Foods to Avoid Before Surgery?

- Avoid processed carbohydrates, including pasta, bread, cereal, and refined foods, such as chips and candy.
- Be careful with the Salt, which can increase your blood pressure and cause dehydration when consumed in excessive amounts.
- Avoid processed and refined foods, such as chips and candy.
- Foods high in refined sugar or with a high glycemic index such as carbohydrates can suppress immune function and promote inflammation and should be avoided.
- Avoid unhealthy fats such as margarine, deeply fried foods), high-fat dairy, sugar and salt.
- Vitamins E, C, K, B, fish oils and all herbal supplements should all be stopped one week pre-surgery (including the multivitamin).
- Green tea, cayenne, ginkgo, garlic, ginger, flaxseed, tomatoes, potatoes, and eggplant may affect anesthesia or bleeding time.

Neurotoxins such as alcohol, caffeine, aspartame and MSG should be avoided.

Avoid alcoholic drinks 1 to 2 months prior and after a cosmetic surgery procedure.

- Aspirin and all other nonsteroidal anti-inflammatory drugs that thin the blood should not be taken.
- Frozen dinners: Falling into the processed foods category, frozen dinners are also high in sodium.
- Cured and packaged meats: Certain meats, including bacon, cured meats, and those that come in pre-ready packages contain high levels of sodium.

When you are going to have a liposculpture procedure. It is important to follow a low fiber diet a day prior of surgery.

It will help to reduce the amount of waste that goes around your intestines and helps you clear out your bowels before surgery.

The Second Stage: THE FIRST TWO WEEKS AFTER SURGERY

After your procedure, it is important that your body receives enough calories and nutrients to fully recover. Eating the right foods after the cosmetic surgery will decrease risk of infection, speed up healing of the incision, and increase your strength and energy. The best post-surgery foods to eat are the one that are full of vitamins and minerals.

The first days after surgery it is fundamental that you choose the proper level and source of energy. It will be critical for full recovery.

For example, avoid large amounts of carbohydrates and fat which must be converted to energy to satisfy the requirements needed to nourish the body. Having an incorrect diet can be detrimental to your recovery.

- Vitamin A is required for bone formation, cellular and immune function. This is an antioxidant that is naturally present in whole milk, liver, and some fortified foods.
- Vitamin C is necessary for collagen formation, proper immune function, and as a tissue antioxidant. It is found in bell peppers, kiwi's, oranges, and other citrus fruits plays a major role in post-surgery healing. Studies indicate this vitamin has some anti-inflammatory benefits.
- Vitamin D is necessary also to protect against inflammation. Vitamin D is found in liver fish, beef, egg yolks, and some fortified foods.

At this stage that you have inflammation and pain, it is necessary that your nutrition helps reduce inflammation and promote strength.

These foods will reduce inflammation and speed surgical healing:

- Omega-3 fats such as extra-virgin olive oil and omega-3 fatty acids found in fatty fish, fish oil, walnut and walnut oil, flax and flaxseed oil, and hempseed and hempseed oil.
- Eat lots of vegetables and fruits. Especially dark leafy greens and blueberries. Broccoli and salmon are also anti-inflammatory.
- Spinach is one of the most potent anti-inflammatory foods. It is very rich in antioxidant nutrients, including beta-carotene, vitamin E, vitamin C.
- Eggs are very rich in antioxidants like trace mineral selenium, which has demonstrated to reduce post-surgery swelling and promote recovery.
- Because you are taking a lot of medications and also the lack of several foods will produce dehydration, stress and will reduce his physical activity. For this is important that you drink plenty of water, and a few prunes each day will help get things moving along. Prunes are a rich source of both soluble and insoluble fiber which softens and adds bulk to stool. Other foods that are high in fiber include beans & legumes, apples, pears, bran flakes, oatmeal and flaxseed meal.
- Pineapple and papaya contain enzymes that the body uses to breakdown and digest proteins. They also help reduce swelling and inflammation.

What to avoid? These foods cause inflammation:

Constipation is common after surgery because prescription pain medications often affect bowel function.

Foods Likely to worsen constipation:

Dried or dehydrated foods - These include dried fruits (prunes are an exception, they can help to ease constipation), beef jerky, and some types of potato chips.

Processed Foods

Cheese

Milk and Dairy Products

Red Meat

The Third Stage... FROM THE THIRD WEEK IN ADVANCE

This is the time when you return to normal life and daily activities. It is the moment to maintain the body that acquired of the surgery with discipline and a healthy diet.

GOLDEN RULE... Hydration

The body is 80% water. The detoxification process relies on water to sweep away toxins and convert fat soluble nutrients to water soluble nutrients. Try to most drink 60+ ounces of water per day. Remember that filtered water is best since there are many contaminates in tap water.

DETOX YOUR BODY...Anti-oxidants

After your surgical procedure, your body needs to get rid of all the residues of the medicines. This is why boosting foods rich in anti-oxidants is very important.

Good sources of anti-oxidant rich foods include the following:

Selenium: Seafood, lean meat

Vitamin C: Oranges, lemons, limes, berries, kiwi fruit, mangoes, broccoli, spinach, peppers

Vitamin E: nuts, avocados, seeds

Zinc: Seafood, lean meat, nuts

Leeks, onions, garlic

Eggplant, grapes, berries

Beta carotene: Pumpkin, sweet potatoes / yams, mangoes, apricots, carrots, spinach, green leafy vegetables, lettuces, parsley

Red peppers, pumpkin, mangoes

Tea, green tea, citrus fruits, onion, apple

Vegetables such as broccoli, cabbage, cauliflower, kale

Spinach, kale, collard greens, green beans

Tomatoes, pink grapefruit, watermelon

Manganese: Seafood, lean meat, milk, nuts

WELCOME LEAN PROTEIN

Lean protein can be found in lean meats, such as chicken, turkey, and pork. Seafood, including fish, is also an excellent source of lean protein. Red meat is not recommended because of the high level of saturated fat and because

AND IF YOU WANT TO ADD SOME CALORIES TO HIS DIET?

It is okay...just remember these 5 tips:

- Cook with oil, not with cooking spray.
- Add a dietary supplement, such as Ensure or protein bars, to your diet.
- Snack between meals.
- Choose vegetables with more calories, such as avocados and potatoes rather than lettuce.
- Add a bedtime snack to your schedule.

YOU AS A PATIENT NOT BE AFRAID OF CARBOHYDRATES...

Carbohydrates are the brain's main source of energy and prevent muscle from being broken down. Carbohydrates that are high in fiber like whole grains, fruits, vegetables, beans and legumes are beneficial and together with the protein are important if you want to build muscle and get rid.

Following these basic tips, your recovery and maintenance will be part of your daily routine. It is in you as a patient that the results you expect to become real.

Your diet need to be low in saturated fat and cholesterol, rich in protein and fiber, low in sugar and sodium.

High recommendation: Eat fruit, with fruit, veggies, low-fat or non-fat dairy, lean white meats, such as fish and turkey, whole grains, and nuts and beans.

Eat 6 to 7 portions at day is important to accelerate metabolism and lose weight.

Calories per day: 1800 to 2200 calories.

How to eat Protein:

Go for the gold and get 20 to 30 grams of protein with each portion, which is about 17 to 25 percent of your lunch calories. A healthy dose of midday protein will help prevent the dreaded afternoon slump and will keep you feeling satisfied post-lunch so you're less likely to reach for sugary pick-me-ups.

How to Eat Fiber:

Shoot for at least eight grams of fiber, which is 30 percent of the daily-recommended total of 25 grams per day. Including fiber-rich carbohydrates (whole grains, starchy veggies, and fruit) and fiber-containing fats (nuts and seeds) will help you reach your fiber goals.

How to eat Carbs?

Yes, you need to eat carbs! Go for 50 to 65 grams, which is 45 to 55 percent of your lunch calories. Carbs offer your brain and your body energy, so skimping can leave you feeling sluggish.

Avoid refined carbs, like foods made with white flour and white sugar, and go for whole grains, whole grain breads and starchy veggies and fruits.

How to eat Sugars?

Healthy lunches should have four grams of sugar or fewer, but if you enjoy foods that contain natural sugars (like grapes or dried cranberries in your salad, sweet potato or squash in soups, whole pieces of fruit, or natural sweeteners like maple syrup or honey in sauces or dressings), then aim for fewer than 20 grams of sugar.

How to eat Fats?

Including healthy fats in your lunch makes your meal more satisfying, so strive for 13 to 18 grams, which is 30 to 35 percent of your total lunch calories. Including healthful sources like nuts, seeds, oils, avocado, and olives can help beat sugar cravings later.

DO NOT EATS THESE AT NIGHT

- Greasy or fat-filled foods: Greasy, heavy, fatty foods not only make you feel sluggish the next morning.

Stay away from fast food, nuts, ice cream, or super cheesy foods right before bed.

- High-carb or sugary foods: A little bit of something sweet before bed may be just what you need to rest happy, but if you gobble a huge slice of chocolate cake, the spike in your blood-sugar levels could cause your energy levels to spike and plummet, disrupting your sleep in the process. Avoid cake, cookies, or other desserts as well as high carb snacks like crackers or white bread and munch on an apple instead.
- Red meat: Like fatty foods, eating red meats late at night will sit in your stomach and make it hard for you to fall asleep while you're digesting . You don't have to avoid protein altogether, just make sure you go for lean and small portions, like deli-sliced turkey breast or a cup of yogurt.
- Spicy foods: Spicy, peppery foods may upset your stomach, and not only that, chemicals in spicy food can stimulate your senses, making it hard to fall asleep.
- Big portions: Late-night snacking should not turn into a late-night meal. Keep the total amount of calories under 200 so you won't have any problems going and staying asleep.

EXAMPLE OF EXCELLENT DINNER

- 115g grilled salmon, 1 cup steamed veggies, topped with 2 tbs vinaigrette dressing.
- Chicken Grill* on a bed of 1 1/2 cups mixed baby greens, tomatoes, slides, 2 tbs oil and vinegar dressing.

- Turkey, cold veggies (1 1/2 cups lettuce and mixed vegetables, topped with 2 tbs dressing).
- Salad green: 1/4 cup extra-virgin olive oil, 1/4 cup red wine vinegar, 1 small clove garlic, coarsely chopped, 1/4 teaspoon kosher salt, 1/8 teaspoon freshly ground pepper, mixed salad greens, avocado, red onion, 1/4 cup toasted chopped hazelnuts, or sliced almonds.
- 1 slice whole-wheat bread with 1/2 cup Light Tuna Salad* and 1/4 cup cucumber slices plus salad of 1 cup romaine lettuce, eight grape tomatoes and 2 tbs non-fat Italian dressing.
- Chicken, 1 baked potato, plus 1 cup green salad and mixed vegetables with 2 tbs oil and vinegar dressing.
- 115g meat, cold veggies (1 1/2 cups lettuce and mixed vegetables, topped with 2 tbs dressing).
- Tuna Avocado Sandwich with whole grain bread, tomato, lettuce, onion, avocado.
- Fiesta Salad with 4 oz. ground turkey (93% lean), 1 1/2 tsp. Simply Organic Southwest Taco seasoning, 3 cups shredded romaine lettuce, 1/4 cup black beans, 1/2 cup diced tomatoes, 1/4 cup yellow corn, 1 Tbsp. cotija cheese.
- Greek yogurt chicken salad: 2 large boneless, skinless chicken breasts, poached, 1/4 cup nonfat Greek yogurt, 1/3 cup celery, diced, 1/3 cup apple, diced, 1/3 cup grapes, halved, 1/4 cup slivered almond

Examples of Dessert

- 1/2-cup non-fat, artificially sweetened frozen yoghurt.
- 1 cup mixed raspberries, sliced plums, blueberries.
- A cup of vanilla ice cream.

Examples of Snacks

- Almonds
- Dried fruit
- Baby carrot with lemon
- Side of celery
- Protein bar
- Smoothie

Try These Shakes!

1. Almond Orange Smoothie

1 cup of Almond milk, media cup of orange juice, if you need a little sweet use 1 tbsp of honey

This smoothie will help you as antioxidant, regulate blood sugar low cholesterol.

Calories per serving = 148

2. Pink Smoothie

This beverage is full of vitamin, grapefruit, and antioxidant. Power up your morning with this smoothie.

1 large pink grapefruit, peeled, seeded and cut into chunks

1/2 cup (125 mL) crushed pineapple, canned or fresh

1/2-cup (125 mL) fresh or frozen strawberries (if using fresh, add 1/4 cup [60 mL] ice for extra froth)

1/2-cup (125 mL) non-fat Greek yogurt

Calories per serving = 159

3. Green Smoothie

Energy and low your fat in your body

½ cup (125 mL) low-fat vanilla yogurt

2 cups (500 mL) water

1 medium banana

1 cup (250 mL) sliced strawberries

2 cups (500 mL) chopped fresh spinach, lightly packed

Honey or maple syrup to taste (optional)

Calories per serving = 120

4. Detox Smoothie

Antioxidant for your body, high fiber, low fat

1 cup berries (any kinds, I used goji and blackberries today)

2 cups fresh greens (lettuce, spinach, sprouts, kale, parsley, etc.)

2 cups water, or apple/pear juice.

1/4 inch piece of ginger root, or to taste

Calories per serving = 145