

## Bone Healing After Surgery

What can patients do to improve their bone healing after surgery or fractures.

- Listen and follow your doctors instructions.
  - If you are unclear, please ask your physician or his/her nurse to clarify the instructions.
- Elevate your extremity.
  - Especially the first week after surgery or fracture.
- Eat a well balanced diet that includes calcium.
  - Good sources of calcium: Milk, yogurt, cheese, and broccoli.
- Calcium with Vitamin D (over the counter) 500mg 1 tablet twice a day.
  - Taking tablets with citrus (orange or grapefruit) juice increases absorption of calcium.
- Avoid carbonated drinks.
  - Reason: they bind up the calcium so that it can not be absorbed by the body.
- Stop smoking.
  - Reason: smoking decreases the oxygen delivery to bone and therefore delays or prevents bone and wound healing.