

Cosmetic Facial Surgery and Rhinoplasty Diet

A Different Kind of Excellence

Disclaimer

What follows does not constitute medical advice unless you are my patient, you are under my care for cosmetic facial surgery and/or rhinoplasty, and we have discussed this diet.

Goal

Inflammation/swelling reduction through dietary modifications

Diet

This diet is very simple and easy to follow for the proscribed time. If you maintain it for longer durations the benefits may be significant in terms of weight loss, energy, overall sense of wellbeing.

Two weeks before surgery/two weeks after surgery:

Avoid: 1) grains, 2) dairy, 3) beans/legumes (example: chick peas/red beans), 4) excess salt

Eat: 1) chicken, fish, and meats (lean if you are worried about dietary fats), 2) vegetables, 3) fruits, 4) tree nuts (example: almonds, walnuts – avoid peanuts)

Rationale

Grains and dairy products contain proteins and other molecules that are inflammatory. They make you swell and retain fluids in your tissues (swelling/edema). Dietary salt also contributes to fluid retention. When you undergo facelift and other surgeries, edema is a consequence. The more edema present, the longer the recovery. Limiting edema speeds recovery to a natural appearance. Thus avoiding the pro-inflammatory proteins and molecules in grains and dairy and avoiding the fluid retaining effects of excess salt can reduce edema and facilitate recovery.