

# Recovery Optimization

These products are optional ways to optimize recovery after a total joint replacement.



Advanced Recovery Package

## mend™ Repair + Recover Surgery And Carb Ready\*

During trauma, such as injury or surgery, your body's nutritional needs increase above the baseline due to stress, fatigue, muscle loss and a general higher metabolic demand to repair damaged tissue.

Numerous clinical studies have shown that supplementing your diet with targeted nutrients will help enhance healing and recovery.



## Science-backed Nutrients To Help You Heal Better + Faster\*



The Advanced Recovery Package provides targeted nutrients and support to optimize surgery recovery. Repair + Recover Surgery helps repair tissue, heal surgical site wounds, aid in the body's immune response, and support muscle health during bedrest. Mend Carb Ready helps prepare your body for surgery by providing energy and reducing postoperative complications.

**INCLUDED**  
2x Repair + Recover Surgery  
3x Carb Ready

☑ 1.5g HMB    ☑ 16g Protein    ☑ 18g Leucine, Glutamine, Arginine + Citrulline

### CLINICALLY-PROVEN INGREDIENTS + BENEFITS



Reduces Nausea and Anxiety



Accelerates Wound Healing



Reduces Post-Surgical Complications



Preserves Muscle Volume + Function



Improves Post-Surgery Inflammation



Lowers Risk Of Infection



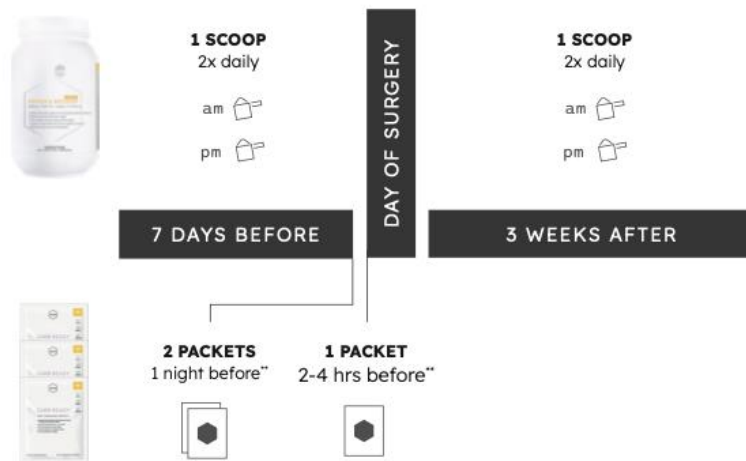
## Advanced Recovery Package Recharge And Reconnect

mend™ Repair + Recover Surgery can be blended with a variety of different things like, your favorite smoothie, sports drink, juice or even yogurt!

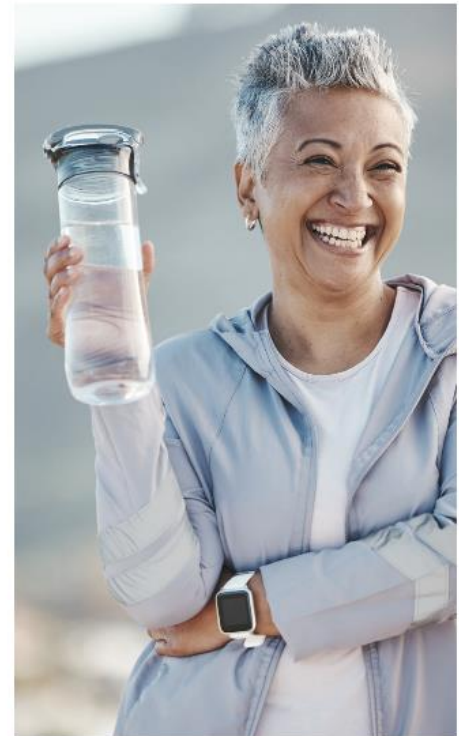
mend™ Carb Ready should only be mixed into water so that it remains a clear carbohydrate drink.

### RECOMMENDED DOSAGE

For planned surgeries, begin the regimen one week prior to surgery. For trauma and immediate surgeries, begin the regimen immediately and continue until all doses are finished after surgery.



MIX AT LEAST 12 OUNCES OF WATER PER PACKET, OR DILUTE TO YOUR TASTE PREFERENCES.



### RECIPE IDEAS

#### Sunny Citrus



**1 SCOOP**  
Mend Repair  
+ Recover Surgery  
**1/2**  
Grapefruit  
**10 oz**  
Orange Juice

#### Refreshing Recovery



**1 SCOOP**  
Mend Repair  
+ Recover Surgery  
**1/2 CUP**  
Frozen Veggies  
**1/2 CUP**  
Frozen Fruit



For more recipes  
scan the QR code

### MEND IS UTILIZED BY



30+ Sports  
Team



Leading  
Surgeons + PTs



USA Military

\* Requiring medical treatment

\*\* Consult with your doctor before use.

Mend Repair & Recover Surgery is a medical food formulated for use before and after surgery. This formula helps replace essential nutrients not possible through diet alone through the dietary management of the pre- and post-surgical needs with targeted clinical nutrients. Mend Repair & Recover Surgery should always be used under medical supervision. OrthoLoneStar and its associated providers have a financial interest in Mend.

## Vitamin and Nutrient Supplementation-

### HMB/ Arginine/ Glutamine

- ✦ **Arginine & Glutamine:** promote nutrient rich blood flow and help the body build new tissue
- ✦ **Vitamins C, E, B12, & zinc:** support immune function and wound healing
- ✦ **HMB:** protect and preserve muscle cells & tissue
- ✦ **Collagen Protein:** stimulate wound healing



#### Where to buy:

1. **Amazon-** Search “Juven Therapeutic Nutrition Drink Mix Powder for Wound Healing Support”
2. **Amazon for Diabetic Patient/ Sugar Free-** Search “Juven Therapeutic Nutrition Drink Mix Powder for Wound Healing Support, Includes Collagen Protein, Unflavored, 30 Count”



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Take **Supplement** twice a day  
for 1 week prior to surgery and 2 weeks after surgery

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## Minimize Swelling



### Diosmin Supplementation

✦ A 2024 study conducted by the Journal of Bone and Joint Surgery showed that the use of Diosmin supplementation after a total joint replacement reduced lower-extremity swelling & pain with motion, allowing for quicker return to regular activity.

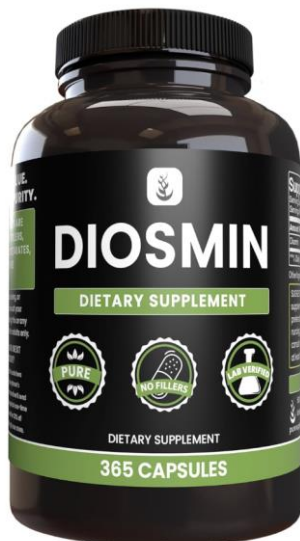
#### Where to buy:

1. **Amazon Pure Originals-** Search “PURE ORIGINAL INGREDIENTS Diosmin (365 Capsules) No Magnesium Or Rice Fillers, Always Pure, Lab Verified”
2. **Amazon NusaPure-** Search “NusaPure Diosmin Complex 1,000mg per Serving 180 Veggie Caps (Non-GMO,Gluten-Free,Vegan) Citrus Aurantium”

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Take **2 Capsules of Diosmin** daily after surgery

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## Minimize Swelling and Inflammation

### Continuous Cold Therapy

✦ Research has shown that a continuous cold flow device in the acute postoperative setting after total joint replacement is associated with reduced pain and swelling and improved early movement and range of motion.

✦ Although traditional ice packs for cold therapy are effective, cryotherapy devices offer the added benefit of precise temperature control, continuous cold application, and compression.



#### Where to buy:

1. **Texas Orthopedics DME- Polar Cube**
2. **Amazon-** Search “Continuous cold therapy” + “hip” or “knee”

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Use **daily** throughout recovery  
with insulating layer between the pad and your skin.

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