

Special Issue

Nutritional and Dietetic Management of Surgical Patients

Message from the Guest Editors

The nutritional and dietetic management of surgical patients plays a pivotal role in the healing process and the prevention of postoperative complications. Adequate nutrition provides the body with essential nutrients to repair damaged tissues, strengthen the immune system, and promote rapid recovery. Prior to surgery, a thorough nutritional assessment allows for the identification of any deficiencies and the planning of a personalized nutritional intervention. Pre-operative fasting, once a common practice, has been reconsidered in favor of a more flexible approach that allows for the intake of light foods up to six hours before surgery and clear fluids and maltodextrins until two hours preoperatively. Postoperatively, early feeding is essential in preventing malnutrition and supporting intestinal function. Liquid and food are gradually introduced, with the complexity of meals increased as the patient displays a higher tolerance. The intervention of a dietitian is essential, to ensure that the diet is balanced and meets the patient's individual needs, taking into account factors such as age, comorbidities, and the type of surgery.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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