

Special Issue

Nutritional Strategies for Perioperative Patients

Message from the Guest Editor

The Special Issue aims to highlight the critical yet often underrecognized role of nutritional management before, during, and after surgery. Surgical outcomes depend not only on the technical procedure but also on the patient's metabolic and nutritional reserve. Patients with compromised nutritional status, such as malnourished or obese patients, tend to experience worse postoperative morbidity, longer hospital stays, and delayed recovery. Growing evidence supports the use of structured perioperative care models that integrate nutritional screening, individualized prehabilitation, and tailored postoperative feeding protocols. This is particularly relevant in complex cases, such as patients with renal dysfunction or oncological disease, where organ-specific metabolic demands must be considered in nutritional planning. Developing a unified nutritional framework requires bridging nephrology, oncology, surgery, dietetics, and rehabilitation. For this reason, a multidisciplinary team approach is essential, ensuring that nutrition is not overlooked but recognized as a predictive and modifiable factor that can significantly improve postoperative outcomes.

Guest Editor

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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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