

Special Issue

The Role of Perioperative Nutrition Support in Postoperative Recovery

Message from the Guest Editor

Malnutrition is closely related to disease and aging, leading to a significant increase in postoperative complications, hospital stay, and readmission rates. Therefore, rectification is essential to improve the results of surgery. Questions about supplementary nutrition are still being debated, with resolution open to considerations based on future evidence.

On the other hand, nutrition in the surgical patient has gained momentum within the ERAS (enhanced recovery surgery) programs where we are “obliged” to carry out nutritional screening of all surgical patients and, consequently, treat potential malnutrition. The implementation of oral enteral nutrition is proposed, even in a normally nourished patient to enhance the results of physical exercise and to correct states of protein malnutrition or sarcopenia in patients theoretically labeled as normally nourished in nutritional screening and mass indices for normal bodies. With this Special Issue, we would like to present, to readers, the state-of-the-art in the field of perioperative nutrition support in postoperative recovery. Original research articles and reviews systematic reviews and meta-analyses are welcome.

Guest Editor

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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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