
Taylor Plastic Surgery

Low-Carb Diet

Recommended for best post-procedure results



What is it?

A low-carb diet requires patients to cut down their consumption of carbohydrates and consume a higher proportion of fat. A low carb diet is also called a low-carb, high-fat diet or LCHF. An important part of following a LCHF diet is to diminish your intake of sugar and starches.

Why does Dr. Taylor recommend a LCHF diet?

Following a traumatic event, the body will protect itself with inflammation and swelling. After surgery, the body will increase blood flow to the area of trauma, which naturally transports added nutrients and encourages healing. However, too much swelling delays healing and can negatively affect your post-procedure result. Proper diet decreases overall inflammation in the body pre and post-surgery. This coupled with any exercise routine that firms muscle and burns calories will promote better healing and a better surgical result.

Operations such as breast reduction, breast augmentation, tummy tuck and liposuction are not weight loss tools. If weight loss is desired, it is best to reach your weight goal prior to surgery. This will ensure optimal results and surgical outcomes.

What should I eat?

Those who wish to follow the LCHF diet should stick to eating lean meats, fish, vegetables that grow above ground, eggs, and natural fats. It is important to stay away from sugar and starchy foods such as bread, pasta, rice, beans, and potatoes.



Sticking to these foods will make it fairly easy to stay on a firm low-carb diet, with fewer than 20 grams of carbs a day. Dr. Taylor recommends no more than 30 grams of carbs a day in order to be successful on this type of diet.

What shouldn't I eat?

Here's what you should not eat: foods that are high in sugar and starch. These include foods like potatoes, pasta, rice, beer, bread, soda, and candy.

