

When preparing for a race, athletes need to change their nutritional intake to support the heightened strain on their body. The same holds true for surgery. Ensuring your body has strong nutritional support is one of the most important actions you can take to prepare for surgery and support your recovery—and it is entirely within your control.

ENROUTE® is a 4-week nutrition program recommended by **Dr. Robert P. Huang, MD** to support your surgical journey. It contains specialized formulas to help you prepare with targeted nutrition and recover from the operation.

You can order the program online [here](#) or by speaking to the Patient Care team over the phone at [1-800-619-0783](tel:1-800-619-0783), or through email at info@getenroute.com.

To learn more, watch this short video on [why nutrition is important for orthopaedic surgery](#).



Why is Nutrition Important for Orthopaedic Surgery?

Undergoing orthopaedic surgery is challenging and stressful for your body. However, adequate nutrition can greatly impact your surgical outcome. Nutrition is a low-risk, high-impact approach that can help you prepare better and recover faster©.

How Can ENROUTE® Help You Prepare for and Recover from Orthopaedic Surgery?

It can be difficult to meet your body's increased nutritional needs using food alone (it's a lot of food to eat!). Your surgeon recommends that, in addition to following a healthy diet, you supplement with the ENROUTE® Surgical Nutrition Program.

ENROUTE® helps your body endure the stress of surgery and provides essential nutrients required for healing. This four-week program helps to mitigate associated risks, which reduces the challenges you may face during your recovery.

Your all-inclusive nutrition program includes...

-  **ENROUTE® BUILD**
56 servings of Multi-Nutrient Formula
-  **ENROUTE® PREPARE**
2 servings of Complex Carbohydrate Formula
-  **SHAKER BOTTLE**
Patented Blending Technology
-  **DEDICATED PATIENT SUPPORT**
Access to Dietitians



ENROUTE® BUILD is a multi-nutrient blend that helps you maintain muscle mass and build strength throughout your surgical journey. This targeted formula is taken two weeks before and two weeks after surgery to supplement your diet and support your body's increased nutritional needs.

ENROUTE® PREPARE is a complex carbohydrate formula taken twice the night before surgery to give your body an extra boost of nutrition in preparation for the day ahead.

How to Order

You can order the program online [here](#) or by speaking to the Patient Care team over the phone at [1-800-619-0783](tel:1-800-619-0783), or through email at info@getenroute.com. Once ordered, the full program will be delivered directly to your door.



ENROUTE®