



BRYN MAWR TERRACE

MAIN LINE SENIOR CARE ALLIANCE

A Healthy Tradition of Care and Wellness

Important Tips on Adding Nutrition in Your Recovery from Surgery

One of the most important aspects of post-surgical recovery that is often overlooked is good nutrition. At **Bryn Mawr Terrace**, we provide certified dietary and nutrition specialists who work with you, your family and medical professionals to create customized meal plans that assure that you are receiving the healthy foods your body needs. An effective nutrition program after your surgery is a vital ingredient for strengthening your body and your immune system to assure the most timely and successful recovery possible.

Surgery is a significant event for your body and experts tell us that a highly nutritious diet can support your complete recovery in several ways. For example, better nutrition can:

- Help your incisions heal
- Provide the raw materials your immune system needs to protect you against infection
- Help to replace any blood loss
- Help to repair your skin, nerves, blood vessels, muscles and bones
- Increase your level of energy

It doesn't matter if you've had a joint replaced, a hysterectomy or a bypass operation, the body requires extra nutrients to heal, so focusing on nutrition can mean the difference between bouncing back and a lengthy recovery,

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Located near Bryn Mawr Hospital, **Bryn Mawr Terrace** – part of [Main Line Senior Care Alliance](#) – has provided exceptional care and services to seniors and their families since 1966. It's a tradition we're proud to continue.

Today, **Bryn Mawr Terrace** serves as a Continuing Care Retirement Community, offering a range of services, including [short-term rehabilitation](#), [traditional nursing care](#), [independent living](#), [personal care](#), [memory care](#), [restorative care](#) and [respite care](#) – all in a setting that is warm, welcoming and nurturing. For more information on **Bryn Mawr Terrace** and our variety of needs-based lifestyle services, please call us at **(610) 525-8300** or [contact us](#) online.

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