

Did you know?



Vitamin D Optimization Can Help Prevent Post-Joint Replacement Infection/Fractures/Complications

Studies suggest taking a *vitamin D supplement* may help prevent infection, fractures, and other complications following hip or knee replacement surgery.

Vitamin D helps the body absorb calcium, which strengthens bones, and may reduce *inflammation*, both of which are factors in recovering from joint replacement surgery.

Linda Russell, MD, Director of Perioperative Medicine at the Hospital for Special Surgery (HSS) in New York City, said, "It makes a lot of sense that if you're going to have an orthopedic procedure, if you're going to have a joint replacement, you would like to ensure that the patient's getting sufficient calcium and vitamin D preoperatively, both to promote bone and muscle health, because you don't want patients to fall postoperatively. And vitamin D level has been tied to an increased rate of falls [if it is low]."

If you're planning to have any orthopedic surgery, let us help you optimize your vitamin status safely with our mindful lab testing, thorough assessment, and pharmacy grade oral or injection supplements to ensure potency, safety, and highest quality. The addition of IV vitamins also helps to optimize overall health and wellness.

If you're planning to undergo any orthopedic surgery, we are here to support your health optimization journey.

Our expert team offers:

- Mindful lab testing to assess your vitamin D levels
- Thorough evaluations to ensure optimal supplementation
- High-quality, pharmacy-grade oral or injection vitamin D supplements for maximum absorption and effectiveness
- Additional IV vitamins to optimize overall health and wellness

Read more here at:

<https://www.medscape.com/viewarticle/joint-surgery-another-vitamin-d-dilemma-2025a10004td?form=fpf>



Take Control of Your Recovery

Don't wait until after surgery to think about your health—start optimizing now! Call or text us today to begin your personalized health plan and ensure you're in the best shape for your procedure.

Call: 239-ETERNAL (239-383-7625) | Text: 844-575-1939 | Email: hello@eternalyouthaesthetic.com