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## WATER INTAKE RECOMMENDATIONS

Dr. Dana Palmer, PT

*\* These are general water intake recommendations for general health and wound healing.. You should discuss your particular health situation, hydration needs, and diet with your treating provider and work closely with a registered dietitian or other healthcare provider that has had additional nutrition training.*

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### Water Intake for General Health

- For an otherwise healthy person, an average recommendation is to take the body weight in pounds and divide by 2 to get the number of ounces of water needed per day.
- Or approximately 25-35 millilitres of fluid per kilogram of bodyweight.
- Keep in mind that this includes water from other liquids as well as foods high in water content. This is why it is helpful to work with a dietitian that can help you to look at the total daily intake and make specific recommendations. These are general estimates.
- Examples of how to calculate:  
150 lbs =  $150/2 = 75$  oz (or 9 cups) of water per day  
250 lbs =  $250/2 = 125$  oz (or 15 cups) of water per day  
70 kgs =  $70 \times 30 = 2100$  ml = 2.1 L of water per day  
110 kgs =  $110 \times 35 = 3850$  ml = 3.9 L of water per day

### General Water Intake for Wound Healing:

When healing a wound, more water is needed to help with tissue repair. Typically this is about 35–40 ml/kg of body weight per day.

70 kgs =  $70 \times 35 = 2450$  ml = 2.5 L of water per day  
110 kgs =  $110 \times 40 = 4440$  ml = 4.4 L of water per day

### Things that may increase need for water:

- Systemic disease
- Dry/arid living environment
- Increase in sweating or activity
- Illness or infection
- Diet low in other water content from fruits and vegetables
- Use of medications that cause dehydration

### Other factors that can affect water requirements and intake:

- Recent trauma or surgery; overloading with water as this can increase complications
- Kidney disease or altered renal function; may be unable to keep up with filtration
- Thirst can become impaired with age, Alzheimer's disease, and stroke

\* It is best to tailor recommendations to the patient's specific health circumstances and goals and work closely with their physician and dietitian. Many lifestyle factors can affect water needs. It is possible to drink too much water, and more is not necessarily always better. However, more often than not patients are found to be dehydrated, rather than over-hydrated.