



Presurgery planning







Spectrum
Health



You will learn about the following:

- Get moving • Eat healthy • Lung health • Be clean • Managing pain
- Medication review • Controlling diabetes • Additional resources

What	When	Why
 Get moving	Exercise at least four times a day	Strengthen your heart and lungs
 Eat healthy	Eat three healthy meals every day Do not skip meals	Helps you heal better after surgery and prevents infection
 Lung health	Cough and deep breathe four times every day Use your incentive spirometer 10 breaths, four times a day in addition to coughing and deep breathing	Strenghtens lung muscles and improves lung function
 Be clean	Shower with antibacterial soap every day for three days before your surgery, and on the morning of your surgery Brush your teeth and use mouthwash twice a day, for the three days before, and on the morning of your surgery	Reduces the amount of harmful bacteria and lowers the chance of infection and pnemonia

Get moving



Getting active will help prepare you for surgery and recovery by strengthening your heart, lungs, and muscles. Increased activity also helps prevent infections, blood clots, and pneumonia and improves bowel function. We will help you choose activities to get you moving based on your activity level.

Eat healthy



Good nutrition will help your body prepare for surgery, heal faster, and fight infection.

Follow these healthy eating tips before and after your surgery:

- Include a healthy amount of calories, protein, vitamins, and minerals in your diet by eating protein-rich foods, whole grains, fruits, vegetables and dairy products.
- Eat at least three times a day. Do not skip meals.
- Incorporate protein-rich foods such as lean meat, fish, poultry, beans, eggs, cheese, nuts, milk, cottage cheese, yogurt and protein drinks into each meal.
- If you aren't eating enough food try adding a protein drink to your diet such as Boost™, Ensure™ or Carnation Instant Breakfast™.
- Help prevent constipation by eating foods high in fiber such as oats, fruits, and vegetables.
- You should drink six to eight cups (8 oz. each) of non-caffeinated fluids each day to stay hydrated.

Lung health



It's important to practice coughing and deep breathing before and after surgery to help strengthen breathing muscles and to improve lung function. Strengthening your lungs will also help you recover from anesthesia.

Use of an incentive spirometer can help to strengthen your lungs and prevent infections after your surgery.

To use the device correctly follow these steps:

- Sit up in a chair or on the edge of your bed.
- Place your lips tightly around the mouthpiece. Make sure the device is upright.
- Breathe in (inhale) slowly and as deeply as possible through the mouthpiece. Do not breathe through your nose.
- Hold your breath long enough to keep the piston raised for at least three seconds.
- Release your lips from the mouth piece and breathe out (exhale).



Be clean

Shower daily: The most common infections that occur after surgery involve bacteria that are normally found on the skin – even on healthy people.

You can play an important part in reducing the risk of an infection at your surgical site by practicing good skin hygiene prior to surgery.

- Shower with antibacterial soap on each of the three days before and on the morning of your surgery.
- Pat yourself dry with a clean, soft towel.
- Use antibacterial soap or Chlorhexidine Gluconate (CHG) wipes if instructed to do so.
- Do not shave any part of your surgical area at least two days prior to surgery. Shaving at home could damage the skin and increase the risk of infection. If hair removal is necessary, the surgery team will take care of this with clippers.
- After each shower, wear only clean clothing and sleep on clean sheets.
- Wash your hands frequently both before and after surgery to prevent illness or infection.

Keep a clean mouth: Use mouthwash and brush your teeth twice daily for at least the three days before and on the morning of surgery to reduce harmful bacteria in the mouth and also to reduce the risk of pneumonia.



Pain

While in the hospital, you and your healthcare team will work together to manage your pain. Discuss with your doctor what type of pain control you will be using after discharge. If you will be taking pain medication after you go home, be aware that this may cause constipation.

Ways to prevent constipation:

- Get moving as much as you can.
- Eat foods high in fiber such as oats/oatmeal, prunes or prune juice, beans, and fresh fruits and vegetables such as berries or broccoli.

Understanding pain after surgery:

The goal of pain management is to manage your pain enough to allow you to do the things you need to do in order to heal: walk, eat, breathe deeply and sleep.

Pain expectations

- Feeling pain after surgery is normal.
- Pain is usually at its worst for the first two to three days after surgery.
- Your pain may be well-controlled with a schedule of over-the-counter medications.
- Pain medication is only one part of your pain management plan.
- Other things you can do to help manage pain:

- daily reflection
- meditation
- mindful breathing
- music
- physical therapy
- relaxation
- short walks



Medications

Your provider needs to know ALL medications you are taking including over-the-counter drugs, supplements, vitamins, and any herbal remedies as some of these can increase your risk of bleeding. Your provider will tell you which ones to stop taking and when to stop taking them before surgery. Some medicines should not be stopped.



Stop smoking/tobacco products/vaping

- Smoking can increase your chance of lung infection after surgery.
- Wounds may take longer to heal if you smoke.
- Smoking may increase your chance of having a heart attack.

Ready to quit smoking and start your smoke-free life?

Your healthcare provider strongly recommends that you stop smoking as soon as possible. We will meet with you to discuss tobacco and nicotine cessation options. You will receive the tools and support you need to kick your habit for good.

If you have not quit smoking prior to your surgery, please stop smoking 24 hours prior to your surgery.



Controlling diabetes

Having surgery puts stress on your body, and stress can affect your blood sugar level.

Blood sugar that is too high or too low can cause serious problems. Keeping blood sugar in control before, during, and after surgery will reduce your risk of infection in your incision and will help you heal better.

Even if you haven't been told you have diabetes, your doctor may want to have your blood sugar checked. Many people have high blood sugar and don't know it.

- Optimally, stop alcohol use as soon as possible prior to surgery. Alcohol use should be discontinued 48 hours (two days) prior to surgery.
- CBD oils, oral marijuana and topical cannabis should not be used seven days prior to surgery.



Additional resources



Notes

Notes

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