



Preparing for surgery

It's normal to be anxious about surgery and your recovery. There are things you can do before surgery to reduce anxiety and help improve your surgical outcome and recovery time. Here are some tips.

Understand your procedure

Talk with your surgical team and read the materials they provide. Understanding your procedure can help reassure you and create confidence.

- Learn about the procedure and possible risks
- Understand how long your recovery may last and what to expect.
- Be prepared for post-surgical pain, and understand how it will be managed by ensuring you have any over-the-counter medicine and medical supplies you will need at home before surgery.
- It's best to get moving as soon as you can after surgery. Be sure you know when you can start being more active, and what your activity restrictions will be.
- Discuss any concerns or worries you may have with your surgeon.

It can be helpful to bring written questions to your appointments and bring a friend or family member along to help you remember what is discussed.

Be aware of your insurance benefits

Surgery can be costly. Before surgery, talk with the financial department at your surgeon's office and your insurance company to determine your coverage and financial responsibility so there are no surprises later.

Mentally and emotionally prepare

Undergoing surgery can be stressful. Simple things like walking, practicing stress-reduction techniques (such as mindfulness and deep breathing), doing yoga, listening to music, and talking to your loved ones or a therapist can create calmness and help you feel better.

Deep Breathing in Four Easy Steps
1. Take a slow, deep breath through your nose.
2. Slowly and gently allow your stomach to rise like a balloon as you use your diaphragm to inhale.
3. Hold your breath.
4. Slowly and gently release the breath through pursed lips as if you are blowing into a straw or through your nose if you find that more comfortable.
<i>Do this for three to five minutes, two or three times a day, or as needed. Aim for six or less breaths per minute.</i>

Expect positive results

Expectations are powerful. See yourself, your future, and your success. Like a pro golfer who envisions where they are hitting the ball, you can use the power of visualization and expectation to picture your recovery and success.

Quit smoking

Smoking affects your body's ability to heal – weakening the immune system and leading to a higher risk of infection. Stopping smoking can lower your risk of complications, help your body heal, and shorten your recovery time.

Eat healthy

Food and water fuel the body. In the days before surgery, follow your surgical instructions for fasting and eat nutritious foods, including vegetables, fruits, lean meats, whole grains, and water, to boost your immune system and stay hydrated.

Sleep well

Sleep is restorative. Getting enough quality sleep before surgery can affect your body's healing ability and reduce pain after surgery.

You can improve your sleep quality by:

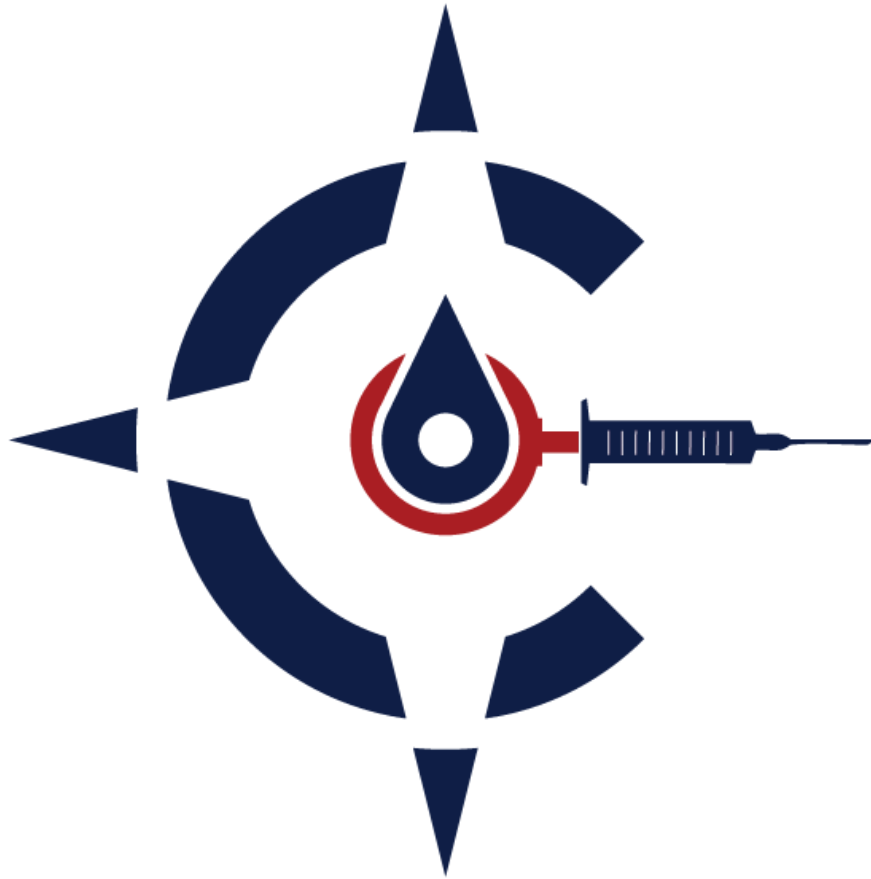
- Maintaining a consistent sleep schedule.
- Creating a positive sleeping environment that is cool, dark, comfortable, and quiet.
- Watching what you eat and drink – limiting alcohol, nicotine, and caffeine later in the day.
- Limiting naps to 20-30 minutes, or don't nap at all.
- Avoiding blue screens, like TV, phones, and computers, one hour or more before bedtime.
- Staying active during the day but limiting exercise close to bedtime.
- Remove clocks from the room. It's hard to sleep when you are watching the time.
- Doing something relaxing like reading a book (outside the bedroom), practicing deep breathing, or taking a bath before bedtime.

Stay active

Exercise and movement before surgery can help you recover faster and reduce complications. Talk to your surgical team about your current activity level to get individualized guidance.

Notify your primary care provider

Make sure your primary care provider is aware of your plans. They can help you manage chronic conditions, prepare for surgery, and perform any required testing before surgery.



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