

BACKDOOR READING FROM YOUR PARISH NURSE

Best Ways To Get Ready for Surgery

Minor procedures like cataract removal may not require much advance prepared. But a few smart steps in the month before a major elective surgery, such as a hip replacement or an open abdominal surgery can reduce risk of complications and may even speed recovery. Patients can impact their own surgical outcomes to reduce the risk that they bring into the operating room. That's the idea behind "Prehabilitation" exercise, nutrition, and counseling programs that aim to make you as healthy as possible.

To reduce stress have a plan in place the day of surgery (know where you'll park at the hospital for instance. Check worry off your list. Make sure your primary care doctor has a current list of all the medications. Some, such as anxiety medications you take.

Now isn't the time to try to lose a lot of weight or revamp

Your diet drastically. But think about simple changes. For instance, you can cut back on sweets and consume more vegetables, fruits, and healthy protein. And try to move more in the weeks before surgery. Try to increase walking by 10-20%. Lung complications account for about 40% of all deaths during or after certain procedures, such as lung or open heart surgery. It can be more difficult to take normal breaths during recovery. Practicing deep, slow breathing for a few minutes each day the weeks before surgery can help. If you smoke, doctors recommend quitting before surgery. Smokers have more likely to have heart and lung complications after surgery, and may have more problems with general anesthesia.

