Active Life PHYSICAL THERAPY
A GBMC AFFILIATE

Preparing Yourself for Surgery

In the time before surgery, it is important to take good care of yourself to ensure the best possible outcome and prepare yourself for a successful recovery. Following the steps below can help you avoid surgical complications.

Become Smoke Free

If you are a smoker, you should stop using tobacco products. The tar and nicotine found in tobacco products have serious adverse effects on your blood vessels and thus impair the healing of wounds and bone grafts. Additionally, we have found that smokers experience a greater degree of pain compared to non-smokers. For assistance with quitting, the ECIP Care Coordinator at GBMC can also provide you with pamphlets to resources available to you.

Participate in a Weight Loss Program

If you have a Body Mass Index (BMI) of greater than 35-40, a discussion between you and your primary care doctor on ways to lower your BMI is advised. The ECIP Care Coordinator at GBMC can also provide you with pamphlets of resources available to you.

Manage Your Diabetes

If you are diabetic, managing and A1c >8 is significant in your surgeon's decision to proceed with surgery. You aim is to bring the A1c levels to 7 or below. Please seek the advice of your Endocrinologist.

Perform Daily Oral Care

The risk for pneumonia and other associated infections due to inadequate oral care has been identified. Brushing your teeth 3-4 ties a day, after you wake in the morning, after meals, and before bedtime is highly encouraged before your surgery and during your post- op period.