



Preparing for Surgery

You wouldn't run 26 miles without first preparing your body and mind. Getting ready for surgery is no different. The effort put into preparing for surgery beforehand is as important as the effort put into recovering from surgery afterward.

PREHABILITATION

Prehabilitation, or prehab, improves your health and fitness before surgery, enabling you to recover more quickly following your procedure. Exercising and eating right lowers the risk of complications and speeds up the healing process. Frequent walking, stretching, doctor-recommended exercises and working with a physical therapist can all help.

NUTRITION

If your appetite has decreased and you've lost weight without trying, tell us. We'll connect you with a dietitian who will create a nutritional plan tailored to your needs.

SMOKING

Smoking increases the risk of post-surgical problems, including difficulty breathing, poor wound healing and higher risk of heart attack. Mercy offers several smoking cessation options. Talk to your doctor about how we can help you quit.

BLOOD SUGAR

Surgery puts stress on the body which can then raise blood sugar levels. If your blood sugar is too high or too low, it can cause complications. By maintaining your blood sugars in a normal range before and after surgery, you can reduce chances of poor wound healing and infection.

Ways to Promote Mental Wellness Before and After Surgery

- **Practice Meditation** - Engaging in visualization and mindfulness meditation can reduce stress levels before and after surgery. There are many free mindfulness and other meditation resources online
- **Ask Questions** - The more you know, the more confident and prepared you'll feel before and after your procedure.
- **Focus on the Good** - Start each day by writing down three things in your life you're grateful for.
- **Plan Ahead** - Make sure you're ready for time off work post-surgery. If you need paperwork completed for work leave, talk to your care team.

