



Eat Well

It is important to eat healthy foods before surgery. Tell your doctor if you have trouble eating or if you have not been very hungry. Also tell your doctor if you have lost weight without trying or cannot eat at all. Your doctor may want you to see a dietitian, who can help you work out an eating plan. A lab test called an “albumin” level may be ordered to see if you are at extra risk for problems after your surgery because of your nutrition or for other reasons.



Quit Smoking

Smoking increases the risk for many problems after surgery. It can:

- Make it hard for you to breathe
- Make an infection in your wound (incision) more likely
- Increase your chance of having a heart attack

Ask your doctor about how to quit smoking. Quitting will not only reduce these risks, it will also improve your overall health and even add years to your life.



Medicines

Your doctor needs to know what medicines, over the counter drugs and supplements, and herbal remedies you are taking. Some of these can increase your risk of bleeding. Your doctor will tell you which ones to stop taking, and when to stop them, before surgery.

Some medicines should not be stopped. If you are taking one of these, your doctor will make sure the hospital staff knows so that you get the right medicines before and after surgery.



Blood Sugar Control

If you have diabetes, you know how important good blood sugar control is. Your doctor needs to know what your recent blood sugar test results have been. On the day of your surgery, your doctor should check your blood sugar before your operation.

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 check your blood sugar. Many people have high blood sugar and don't know it.