

Preparing for a Major Operation

Joint replacement, fracture fixation, spine surgery

Operation: _____ Date: _____

In the weeks before

- **Stop smoking now.** This is the single most valuable thing you can do. Smoking sharply increases wound infection and slows bone healing. Even a few weeks off helps.
- **Get your sugar under control** if you are diabetic. High sugar before surgery means more infection afterwards.
- **Get your dental problems treated** before, not after — bacteria from an infected tooth can settle on a new joint.
- Treat any skin infection, boils, fungal rash between the toes or infected nails, and tell us about them.
- **Build up your strength.** Do the exercises we give you now — going in stronger means coming out faster.
- Eat well, with good protein. If we have prescribed iron, take it — correcting anaemia before surgery reduces the need for blood.

PREPARE YOUR HOME BEFORE YOU GO IN

Clear loose mats, wires and clutter from your walking path · arrange a firm, higher chair with arms · keep daily items at waist height so you need not bend or reach up · arrange a bed you can get into without climbing · sort out who will help you for the first two weeks · if you have an Indian-style toilet, arrange a commode chair or a raised seat in advance

YOUR MEDICINES

Bring every strip and bottle with you. **Blood thinners, some diabetes medicines and certain arthritis medicines need to be stopped or adjusted at specific times** before surgery — ask us for a written plan and do not guess.

The night before

Bathe with soap, including the area to be operated. Do not shave it. Follow the fasting instructions exactly. Sleep well — and bring your reports, scans, spectacles, and a list of your medicines.

Search: before major surgery, preparation, joint replacement preparation, prehabilitation