

# Steps to a safer surgery...



## Stop Smoking



Smoking increases your chances of developing pneumonia and breathing difficulty after surgery.

## Walk Daily



Walking strengthens your heart and lungs in preparation for surgery. After surgery, get out of bed! Walk every hour to reduce pneumonia, blood clots, and improve heart and lung function. ***This is the most important activity you can do before and after surgery.***

## Control Diabetes



Take your medications, follow your diet and check blood sugars. High sugar levels increase surgical complications.

## Incentive Spirometry



Strengthens respiratory muscles and improves lung function. Use 10 times a day for two weeks before and after surgery.

## Cough and Deep Breath

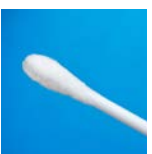


Moves mucus out, strengthens respiratory muscles and clears your lungs. This is especially important after surgery.

## Oral Hygiene



Brush teeth twice daily at least two days before your surgery to reduce harmful bacteria in your mouth. This will reduce your chance of pneumonia.



## Umbilical Hygiene

Laparoscopic surgery patients should use a cotton swab to clean belly button one day prior to procedure.

## Antibacterial Showering



Doing so for two days before surgery reduces the number of bacteria on the skin and this helps reduce wound infections. Your doctor may give you a medicated body wash to use.

## Nutrition



Eat a well-balanced diet high in protein. Avoid high sugar and fatty foods.

## Get Lab Tests



To help correct anemia or any low blood counts before surgery.

## MRSA Testing



Do so before surgery to see if you are a carrier.



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