



Facts to Know Before Surgery

Studies show that making changes to improve your health before your surgery will lead to a better recovery. Here are 3 areas where you can make a difference:

Uncontrolled Blood Sugar/Diabetes



- The stress of surgery can cause blood sugar to increase.
- Uncontrolled blood sugar can cause problems after surgery, including:
 - Higher rates of infection
 - Delayed wound healing
 - Kidney failure
 - Heart attacks
 - Longer stays in the hospital
 - Higher risk of death
- Uncontrolled blood sugar is a risk factor you can change before surgery. Improving your blood sugar before surgery can improve your recovery.

Sources: Grant, B., & Chowdhury, T. A. (2022). "New Guidance on the Perioperative Management of Diabetes." *Clinical Medicine*, 22(1), 41.
ET Martin, KS Kaye, C Knott, et al. "Diabetes and Risk of Surgical Site Infection: A Systematic Review and Meta-analysis." *Infect Control Hosp Epidemiol*, 37 (2016), pp. 88-99

Smoking/Nicotine Use



- Smoking increases the risk of a infection.
- Smoking leads to disease and harms many organs in the body.
- Chemicals in nicotine products, such as cigarettes, vape pens, and chewing tobacco, delay wound healing.
- Smoking leads to disease and harms nearly every organ in your body.
- Smoking is the leading cause of preventable death in the United States.
- The longer you are nicotine free, the lower the risk of complications after surgery.
- Smoking is a risk factor you can change before surgery. Quitting all nicotine products before surgery can improve your recovery.

Sources: Simon, S., & Hollenbeck, B. (2022). "Risk Factors for Surgical Site Infections in Knee and Hip Arthroplasty Patients." *American Journal of Infection Control*, 50(2), 214-216.

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Obesity



- Obesity often leads to other medical conditions such as diabetes, high blood pressure, cardiovascular disease, and sleep apnea. These conditions can affect recovery.
- Obese patients may spend more time in the hospital.
- Obesity is linked to an increased risk of complications, such as infection.
- Obesity is a chronic (long lasting) disease, but even losing a few pounds (5% of your body weight) can improve your health and recovery.
- Obesity is a risk factor you can change before surgery. Losing weight before surgery can improve your recovery.

Sources: Cizmic, Z., Feng, J. E., Huang, R., Iorio, R., Komnos, G., Kunutsor, S. K., & Sloan, M. (2019). Hip and Knee Section, Prevention, Host Related Proceedings of International Consensus on Orthopedic Infections. *The Journal of Arthroplasty*, 34(2), S255-S270.
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