

PRE-OP SUGGESTIONS

Below are some suggestions you can follow to help improve your surgical outcome and help prevent infection.

- **STOP** smoking, vaping, and all marijuana use one week before surgery.
- **Stop smoking!** The link between smoking and postoperative complications is well documented. Smoking decreases your body's ability to heal after surgery. For your overall health and success of your surgery, it is highly recommended you commit to stop or decrease smoking before and after surgery. You can discuss possible smoking cessation options with your health care provider.
- Before surgery, all bed linens, towels and sleepwear should be freshly washed and dried at the warmest temperature the fabric will tolerate.
- Bathe at least once within the 12 hours prior to your surgery using a new bar of soap. Wash your hair with your regular shampoo. Be sure to rinse soap and shampoo residue from your skin.
- Your partner (or anyone with whom you share a bed) will also need to shower and change into clean sleepwear.
- Do not apply lotions, powders, hair spray or makeup on the day of surgery. Put on clean clothes after showering.
- Clean your home right before surgery. Pay close attention to frequently touched areas, such as door knobs, counters and toilet seats. Use your regular household cleaner.
- **Diabetes** – Uncontrolled diabetes is shown to be a contributing factor to postoperative infection. Please monitor and make every effort to control your blood sugar. If you take insulin, please contact the health care provider who manages your diabetes for instruction.