

STRONG FOR SURGERY

YOU CAN AFFECT THE RESULTS



REGION
KRONOBERG

ALCOHOL

Giving up alcohol reduces the risk of complications.

If you stop drinking alcohol for 4–8 weeks before and for a while after your surgery, your bodily functions will have time to recover from the negative effects of alcohol and you will have a lower risk of infection, problems with your wound, heart and lung complications and bleeding.

The more you usually drink, the more you have to gain, but your body will benefit from stopping drinking alcohol even if your consumption is moderate.



HIGHER RISK

If you drink alcohol to an at-risk level, there is a **higher risk** of suffering social or health-related problems such as:

- relationship problems
- sleep disorders
- tiredness
- irritation
- headaches
- accidents
- digestive problems
- anxiety
- depression
- high blood pressure
- cancer



PHYSICAL ACTIVITY

Being in as good physical shape as possible is important to make it easier to cope with the operation, recovery and rehabilitation.

The general recommendation is at least 150 minutes of physical activity per week, at the same intensity as a brisk walk.

Illness and medical treatment can mean you are in poorer condition and not as strong as you were, affecting your mobility. Choose physical activities that you can manage and that you will actually do. Exercise that you do is better than no exercise at all.

Help to succeed

- Start with small steps to avoid failure
- Go with a friend
- Use a step counter to calculate/remind you of your current level of activity
- Use an activity diary to get an idea of your physical activity over a longer period.
- FaR – physical activity on prescription – is a way of prescribing activity that will give you support and help to get started.
- Ask your care provider for a prescription
- Lots of clubs now have trained FaR leaders who will help you with an exercise programme, see www.farsmaland.se



GETTING STARTED

TIPS

- ➔ Monitor how physically active you are
- ➔ Set goals that suit you
(30 mins/day, 10 mins x 3, 15 mins x 2)
- ➔ Plan changes
- ➔ Stick to your new habit and make it part of your daily routine
- ➔ Add in new things to increase your activity level.
After 6 months, physical activity will often have become a habit and part of your life.



DIET

A healthy diet before an operation reduces the risk of complications and means you will heal more quickly.

Undernutrition or obesity both place you at a greater risk of complications. It is important to remember that you may be undernourished no matter how much you weigh if the food you are eating is low in nutrients or contains too little energy.

Before surgery, advice on healthy eating may need to be adapted to your needs and conditions so that the changes you make are positive for your recovery.

TOBACCO

If you give up smoking 4–8 weeks before your operation, you will reduce the risk of complications. It will give your heart and the lungs a chance to improve their function and boost your immune defence.

Giving up smoking improves healing and reduces the risk of blood clots and scarring. Using snus impairs your circulation by contracting your blood vessels and making it harder for your body to heal.

Sometimes you will be told that your surgery requires a period without smoking before the operation.

PREPARING TO STOP

How successful you are at giving up smoking has to do with how well prepared you are in advance. How you do it is naturally entirely up to you. You know what will work for you best and how you react in different situations. But here is some advice that might make it easier.

- ➔ Think about why you want to give up.
- ➔ Decide a date when you will stop smoking.
- ➔ Write down when and where you smoke or take snus.

This will help you to look at which routines you need to change.

- ➔ Throw away everything that has to do with tobacco. Think about the situations where you think it will be hardest not to smoke or take snus. For example, with your morning coffee or after dinner. Think about how you can be prepared to do something else instead.

- ➔ Get some nicotine medication – but remember that it can't replace your willpower or your decision!



When you are having surgery, there are lots of factors that will affect how it goes and how you feel afterwards. Changed habits reduce the risk of complications and increase the likelihood of as good a result as possible.

The changes you manage to make will have a positive effect on the results of surgery.

At **www.1177.se** you can read more about lifestyle choices combined with surgery and find out where to go for advice and support in making changes.