



## PRE-SURGERY OPTIMIZATION

Before you have your hip or knee replaced, you want to be in the best shape you can be for the best results, “Optimize” your health. Here are a few ways that you can improve your health before your surgery.

### **If you are a smoker, stop!**

Smokers face a higher rate of breathing and other surgical problems. Ask your doctor about smoking cessation classes or aids.

### **Be at a healthy weight.**

It’s hard to exercise when your hips or knees hurt, but keeping your muscles strong and joints flexible leads to better outcomes. Patients with lower BMI’s have fewer complications and better outcomes.

### **Do your exercises as directed before surgery.**

Walking is great exercise, but also do those leg raises to help build up your thigh muscles!

### **Eat a healthy diet.**

Eat lean protein, fruits, veggies and whole grains. Limit fats. See a dietician for help with your eating plan, if that would be helpful to you.

### **If you are a diabetic, control your blood sugar levels.**

Surgery stresses your body and can affect your blood sugar level. Controlling your blood sugar before, during, and after surgery will help to avoid infections and aid your healing process.

### **Take care of your dental health before surgery.**

Schedule a dental exam, including a cleaning, to help rule out any underlying health issues.

### **Take care of any other health conditions you may have.**

See your primary care provider for blood pressure, heart, breathing or other chronic health conditions. Take your medications as prescribed, and let your doctors know about all the medications you take (including over the counter and herbal remedies). This will help them to determine which medications to take and which medications to stop before surgery.

### ***Attend joint camp or pre-surgery classes to learn more.***