

A healthy lifestyle increases your chances of a positive surgical outcome

Do you need support with your lifestyle changes prior to surgery? Please contact your health care provider.

Read more at 1177.se. Search for "Levnadsvanor i samband med operation i Skåne", or scan the QR code to go directly to website.



Healthy Choices Before Surgery

A good preparation is important prior to surgery. Many aspects may affect the outcome.

A healthy lifestyle can reduce the risk of complications during and after surgery.

Abstain from Smoking and Drinking Alcohol

SMOKING

Smoking affects wound healing and the risk of infection, while also having a negative impact on your heart and lungs.

Recommendation

Abstain from smoking for at least six weeks before and six weeks after surgery. It is not sufficient to reduce the number of cigarettes, a complete cessation is necessary. Even for emergency surgeries, quitting smoking for at least six weeks after surgery can reduce the risk of complications.

Smoking cessation support

If you find it difficult to stop smoking on your own, your health care provider can offer you support. Nicotine replacement therapy, including medication and prescription drugs, can improve your chances of succeeding. Contact your health care provider to be referred to a tobacco cessation specialist.

You can also contact the Quit Smoking Line for free counselling. Call 020 84 00 00, or visit slutarokalinjen.se

ALCOHOL

Alcohol affects the risk of acute bleeding, wound healing and risk of infection, while also having a negative impact on your heart and lungs.

Recommendation

Abstain from drinking alcohol for at least four weeks before surgery as well as some time after, until the surgical wound has healed, and you have recovered from your surgery.

Alcohol counselling

If you find it difficult to complete a brief alcohol cessation on your own, your health care provider can offer you support. Contact your health care provider to be referred to alcohol counselling.

You can also contact the Alcohol Line for free counselling. Call 020 84 44 48, or visit alkohollinjen.se

Dietary Habits and Physical Activity

DIETARY HABITS

A healthy diet can improve wound healing and facilitate recovery after surgery. Both malnutrition and obesity may increase the risk of complications.

Advice

Eat according to the dietary recommendations of the Swedish Food Agency:

- Vegetables, root vegetables, legumes, fruit, berries, nuts, seeds, wholemeal products, fish and shellfish, plant-based fats and oils, and low-fat, unsweetened dairy products
- Limit the intake of red and processed meat, salt and sugar
- If you are overweight or obese, any weight loss should be performed carefully while maintaining a nutritious diet. Rapid weight loss may lead to undernutrition which may have adverse effects on your surgery.
- If you are at risk of malnutrition, it is important to consume an energy-dense and nutritious diet with small and frequent meals.

Support to improve dietary habits

If you need support to change your dietary habits, for weight loss or due to risk of malnutrition, contact your health care provider to be referred to a dietitian.

PHYSICAL ACTIVITY

Your fitness level and your physique are more important than your age when recovering from surgery, and may reduce treatment duration.

Advice

- Take regular breaks from sedentary activities. Stand up and move around briefly at least every 30 minutes to activate large muscle groups in your legs, arms, and back.
- Increase your daily activity by taking the stairs, going for walks, and cycling.
- Be as physically active as your condition permits. Choose activities that activate your heart, lungs, and large muscle groups.

Support to Increase Physical Activity

If you need support to become more physically active, contact your health care provider to be referred to a physiotherapist.