

Lifestyle changes before your joint surgery

London Health Sciences Centre
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Most people need support from family or friends to make lifestyle changes. Always discuss any lifestyle issues or changes with your family physician or primary health care provider. They can be an excellent resource and support for you.



Being Overweight – Obesity

All patients should eat nutritiously in preparation for surgery by following Canada's Food Guide. Patients who are considered obese, a Body Mass Index (BMI) greater than 30, are at increased risk of incision healing problems, including increased drainage after surgery. To calculate your BMI, visit:

<http://www.mhp.gov.on.ca/en/active-living/about/tools/bmi.asp>

Obesity can make it more difficult for you to rehabilitate after your surgery and may increase your risk for respiratory complications and blood clots. Being overweight may reduce the lifespan of your joint replacement. Reducing your weight prior to surgery is usually recommended. There are resources in the community to help you lose weight:

Middlesex-London Health Unit 519-663-5317

www.healthunit.com

Eat Right Ontario 1-877-510-5102 www.eatrightontario.ca

Canada's Food Guide to Healthy Eating

<https://www.canada.ca/en/health-canada/services/canada-food-guides.html>

Various companies also offer self-pay weight loss programs.

Alcohol Use

The Canadian Centre for Addiction and Mental Health recommends a maximum of one alcoholic drink per day for women and two alcoholic drinks per day for men. More than this increases your risk for cancer and liver disease. Heavier drinking may also result in experiencing withdrawal symptoms when in hospital which may increase your risk of adverse events and prolong your hospitalization. Our recommendation is to reduce your alcohol intake to one or two drinks per day. There are resources available to help:

Middlesex-London Health Unit 519-663-5317

www.healthunit.com

Drug and Alcohol Helpline 1-800-565-8603

www.drugandalcoholhelpline.ca

Regular Exercise

Engaging in an active lifestyle, maintaining a healthy weight and improving your fitness level can help your recovery after surgery. Exercise before surgery can take many forms including group classes, pool therapy and individual resistance and cardiovascular programs. For fitness and recreational programs specifically designed for seniors and for a list of physiotherapy clinics, please visit

www.southwesthealthline.ca

Many patients can be limited in their ability to participate in fitness programs because of pain. Advice from a physiotherapist or other health care professionals may be beneficial in providing you with strategies to manage your pain while trying to remain active. Other resources include:

The Arthritis Society 519-433-2191 www.arthritis.ca

Canadian Centre for Activity and Aging 519-661-1603

www.uwo.ca/ccaa/

Smoking

Quitting smoking has been proven to be beneficial to overall health. For patients having surgery, those who smoke can have issues with bone and incision healing, breathing problems and infection, as well as, a higher risk of complications such as heart attack, stroke and pneumonia. We encourage all of our patients to reduce their smoking prior to surgery and if possible stop completely.

Stopping smoking is not easy and many patients need planning, motivation and sometimes, medication to do so. There are programs available for smoking cessation and it is important to discuss with your family physician and surgeon.

Smokers Helpline 1-877-513-5333

www.smokershelpline.ca

Middlesex-London Health Unit 519-663-5317

www.healthunit.com