

## Preoperative Instructions to Optimize Your Health Prior to Surgery

Start taking the following supplements one month prior to surgery and continue to take one month after surgery:

- Iron (Ferrous Gluconate) 324 mg two times per day
  - Helps your body recover more easily from blood loss.
- Multivitamin once daily
  - To compensate for any deficiencies in your diet.
- Vitamin D 10,000 units daily
  - Contributes to bone healing.
- Calcium Citrate 500 mg three times daily
  - Prevents and treats calcium deficiencies.
- Vitamin C 1000 mg daily
  - Aids with the healing process of soft tissues.

Start protein supplementation for two weeks before and after surgery if you meet the following criteria:

- Recent weight loss greater than 10%
- Anorexia
- Age 80 or older

Examples of protein supplements include Ensure (or equivalent) nutrition shakes, [XR Therapeutic Musculoskeletal Recovery Supplement](#), and [MEND Joint Replacement](#)

### Dental hygiene behavior to adopt:

If not seen by a dentist in the last six months, see your dentist for dental cleaning at least two weeks **before** surgery. Dental hygiene is very important because many organisms live in the mouth and can contribute to possible surgical complications. \*\*\* You ***will not*** be able to have ***any dental*** procedures including cleanings until **three months** after surgery. \*\*\*

### No smoking 30 days prior to and after surgery

- This includes cigarettes, marijuana, and vaping. Use of nicotine gum and patches is acceptable. Smoking delays bone healing in addition to decreasing lung function and overall health.