

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.
 - Only needed if anemic
 - 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 two times daily.
 - Prevents and treats calcium deficiencies.
- Magnesium Citrate 500 mg once daily.
 - Aids with bone health, relief from constipation
- Vitamin C 1000 mg two times 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.