



973-822-3000

Perioperative Guide for Surgery

Thank you for considering The Peer Group for your surgery. Our entire staff is committed to providing you with the information necessary to make yours a safe and fulfilling experience. We look forward to the opportunity to provide you with personalized care and the surgical result you desire. Please read the following information and do not hesitate to call the office regarding any questions or concerns you may have.

The pre-operative phase:

Prepare and plan. Schedule any time off of work and any support you will need at home for the days following surgery, including housework, childcare, pet care, shopping and driving. Make certain a responsible adult is confirmed to drive you to and from surgery, and that someone is available to stay with you around the clock for at least 24 hours following surgery.

Find your comfort zone. Locate the most comfortable place where you can gently recline and recover. You don't want to be testing locations or pillows the day of surgery. Clean your home and bed linens at least two to three days prior to surgery but not the night before. Exposure to excessive dust or dirt may increase your rate of complications. Shop for magazines, books and other things to keep you busy and entertained during the days following surgery.

Practice proper fitness. Good fitness habits are an important factor in your overall health and well-being. Upper body stretches and low-weight strength training now can help to enhance your posture and your strength in the weeks following surgery. Avoid strenuous, high intensity exercising (ie running) for 2 days prior to surgery.

Focus on good nutrition. Eat well during the weeks prior to surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your overall health and well-being. A healthy, balanced diet is essential. Stay hydrated by drinking an adequate amount of water daily. Eat more fruits and vegetables and reduce your salt intake. Do not eat heavily, drink alcoholic beverages or smoke recreational marijuana the night before surgery.

Stop smoking. Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 4 weeks prior to surgery. You must also be free of any nicotine patch or nicotine-based products for a minimum of 4 weeks prior to surgery. This also applies to vaping and recreational marijuana use.

Lead a healthy lifestyle. In the weeks prior to surgery maintain the best of health and hygiene. A lingering cold, virus or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately, and advise our office of any serious illness or change in your health.

Relax and enjoy life. Stress and anxiety over life's daily events, and even your planned surgery can affect you. While some anxiety is common, any serious stress, or distress over the thought of surgery is something you must discuss with our office. We are here to support you and answer all of your questions. We want your decision to be one of confidence.