Heal Better Feel Better

Skip that drink. Support your healing.

DID YOU KNOW?

Drinking alcohol can slow healing after surgery.

Taking a break can support your recovery.

Alcohol Cessation

MORE ALCOHOL = MORE RISK

If you consume 3-4 alcoholic drinks per day, your risk of surgical complications is about 50% higher.

5 or more drinks per day can increase your risk of surgical complications by 200–400%.

Stop drinking alcohol 4 weeks before surgery and 5–6 weeks after to support recovery.

LET'S START HERE

- Tell your surgeon about your alcohol use for safer care
- Swap the alcohol for a mocktail or NA beverage

CALL THE SAMHSA HELPLINE

1-800-662-HELP (4357)

A free, confidential, 24/7, 365-day-a-year treatment referral and information service for alcohol and other substance use.

Healing looks different for everybody.

Talk with your care team about what's safe and can help you heal stronger after surgery.

Find more tips and tools at **www.heal-better.org.**

MSQC
MICHIGAN SURGICAL QUALITY COLLABORATIVE

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