Heal Better Feel Better

Put healing ahead of tobacco.

DID YOU KNOW?

Tobacco can make it harder for your body to heal from surgery.

Every tobacco-free day helps.

Tobacco Cessation

Looking to DOUBLE your chances of quitting?

Talk with your care team about prescription quit-smoking medications, such as varenicline and bupropion, to see if they're right for you.

OVER THE COUNTER OPTIONS

- **Nicotine Patch:** For once-daily support during nicotine withdrawal
- **Nicotine Gum:** For those who want more control when cravings strike
- **Nicotine Lozenge:** For fast craving relief without the need to chew

For personalized guidance:

sign up for support through the Quitlink

www.michigan.quitlogix.org



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

Designed by I. Kalus

Heal Better Feel Better

Sleep your way to feeling better, faster.

DID YOU KNOW?

Sleep disruptions are common after surgery.

You're not alone, and better sleep is possible.

WHAT IS SLEEP HYGIENE?

Sleep hygiene is a set of healthy habits that help you get better sleep and support recovery.

Start with healthy sleep habits, home preparation, and a plan for your hospital stay.

HOW TO SUPPORT BETTER SLEEP

- Use supportive pillows and a comfortable mattress
- Make bed access easy and safe
- Clear a path to the bathroom and use nightlights
- Keep your room cool, dark, and screen-free

MAKE EVERY HOUR COUNT

To help you heal after surgery, you should get 7-9 hours of sleep each night.



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Every step moves healing forward.

DID YOU KNOW?

Every step counts, even the night before surgery.

A little movement can make a big difference.

Movement

PREHABILITATION MATTERS!

Think of pre-surgery fitness, or Prehabilitation, as training for surgery.

The stronger and more active you are beforehand, the stronger your recovery may be.

Combine walking, strength training, and breathing exercises to prepare for surgery.

MOVEMENT AFTER SURGERY

Continuing to move after surgery helps prevent muscle strength losses of up to 5% per day from bedrest and supports recovery.

KEEP MOVING FORWARD

Gradually increase your movement during your recovery and make it part of your regular routine.

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Finding calm can help you heal.

DID YOU KNOW?

Managing stress can help reduce pain and support recovery.

Let's take care of your mind as you heal!

Reduce Stress

WAYS TO MANAGE STRESS BEFORE AND AFTER SURGERY

Try these activities to ease stress and lift your spirits...

- Create a feel-good playlist and listen often
- Write a brief journal entry each day
- Express yourself through arts and crafts

GET OUTSIDE AND EXPLORE YOUR SURROUNDINGS

Spending even short periods of time outdoors can...

- Lower stress hormone levels
- Support emotional health and well-being
- Strengthen immune function



CONSIDER THIS

Sit on the porch, take a walk to a park, or even look at nature photos!

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Fuel your body for better healing.

DID YOU KNOW?

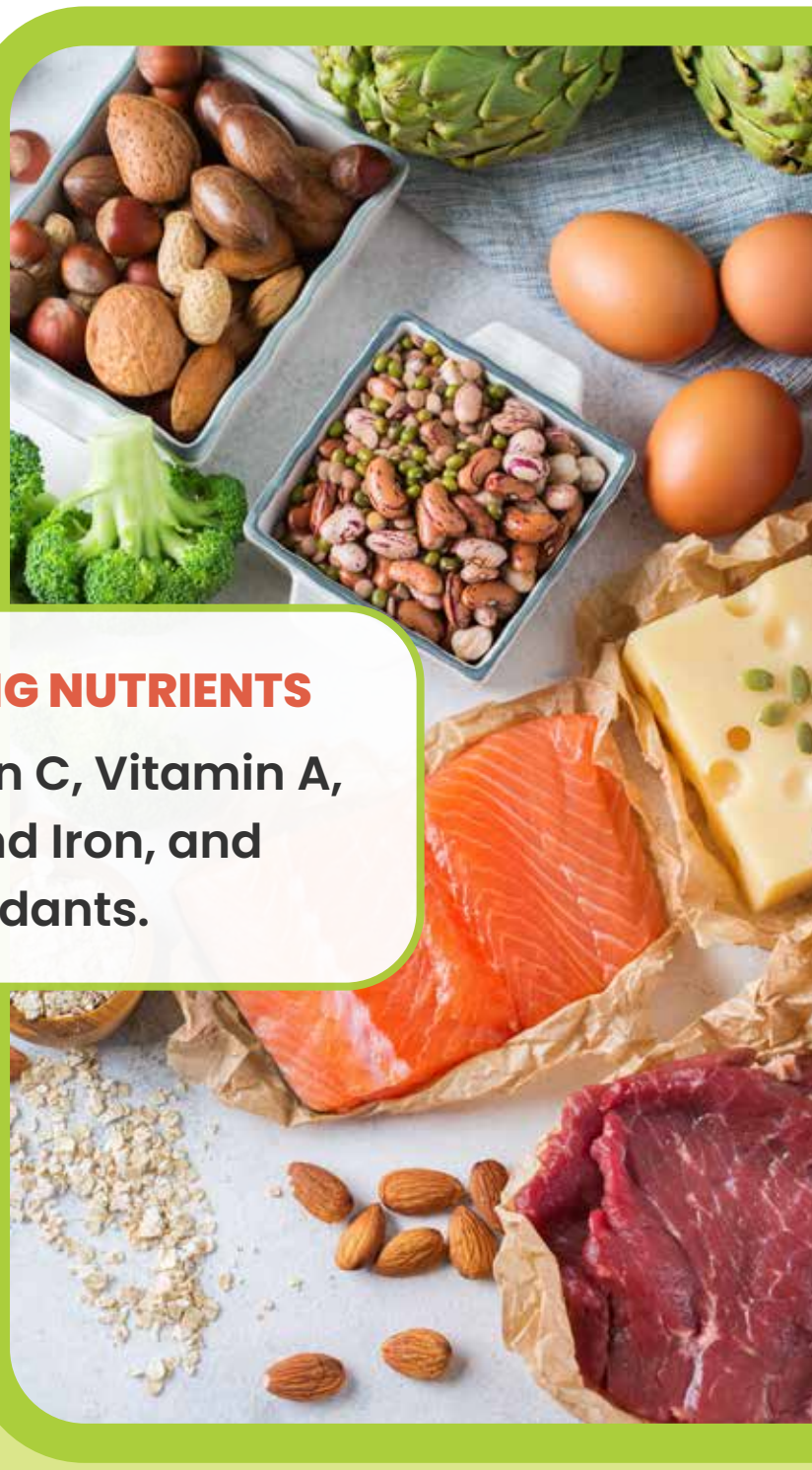
An apple a day really does have its benefits!

Support your healing with every bite.

Nutrition

YOUR NUTRITION GOALS FOR RECOVERY

- **Support** tissue repair and wound healing
- **Boost** immune function to fight infection
- **Prevent** muscle loss
- **Control** blood sugar levels



HEALING NUTRIENTS

Vitamin C, Vitamin A, Zinc and Iron, and Antioxidants.

HOW TO PUT THESE GOALS INTO ACTION

To fuel your recovery:

- Eat at least 50 g of protein per day
- Prioritize foods rich in vitamins and minerals
- Drink at least 8 cups of water per day
- Avoid highly processed and sugary meals

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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.

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Keep your recovery moving smoothly.

DID YOU KNOW?

It's common to experience constipation after surgery.

You're not alone, and it's treatable.

Constipation and Digestion

WHAT CAUSES CONSTIPATION AFTER SURGERY?

Your digestion may work more slowly and you can get constipated when...

- There are changes in your eating habits
- You're taking prescription pain medication
- You're not as active as usual

WAYS TO PREVENT CONSTIPATION AFTER SURGERY

- **DRINK** at least 8 cups of water per day
- **EAT** high fiber foods like grains, prunes, etc.
- **WALK** or exercise after big meals
- **LISTEN** to your body and don't ignore the urge



HELPFUL TIP

Discuss stool softeners or laxatives with your doctor after surgery.

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Heal Better Feel Better

You have control over your healing.

WHAT IS HBFB?

An initiative providing support for healthier surgical recovery.

We want to help you ***heal better***.



Building Blocks of YOUR Recovery

The Core Four

- **Nutrition**
- **Movement**
- **Stress Management**
- **Sleep**

Additional Healing Topics

- **Alcohol Cessation**
- **Tobacco Cessation**
- **Constipation & Digestion**



DID YOU KNOW?

Patients who receive pre- and post-surgery education are 91% more likely to feel prepared to manage pain, use fewer opioids, and spend less time in the hospital.

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