WHAT IS FIT FOR SURGERY®?
Fit for Surgery® is a program designed to identify and decrease complications through:
• Smoking cessation
• Good blood sugar control
• Optimizing nutritional status
• Medication management
Focusing on these key areas may result in:
• Shorter post-operative hospital stays
• Faster return to normal functions
• Lower occurrences of surgical complications

Franciscan St. Francis Health
Indianapolis
Perioperative Services
Monday-Friday
8 a.m. to 5 p.m.
8111 S. Emerson Ave.
Indianapolis, IN 46237
Phone: (317) 528-5515
Fax: (317) 528-5517

FranciscanStFrancis.org

Fit for Surgery® Plus
Comprehensive Perioperative Evaluation
SMOKING CESSATION PRIOR TO SURGERY
Smoking increases the risk of many things, including:

• Death after surgery
  - Smokers have a 40% increased risk

• Wound healing complications
  - Lack of oxygen flow to wound site

• Heart attack
  - Smokers have an 80% increased risk

• Stroke
  - Smokers have a 73% increased risk

• Pneumonia
  - Smokers have double the risk

Studies have shown that patients who stop smoking before surgery have fewer complications and heal faster than those who continue to smoke.

Discuss options with our nurse practitioner and tobacco treatment specialists through our smoking cessation program.

Call (317) 528-5515 if you have any questions or concerns.

BLOOD SUGAR CONTROL FOR DIABETIC PATIENTS
Diabetic patients face additional risks when having surgical procedures:

• Hyperglycemia (high blood sugar)
• Hypoglycemia (low blood sugar)
• Poor wound healing
• Infections

Good blood sugar control can decrease surgical complications.

We will refer you to a diabetic specialist for all hemoglobin A1Cs equal to, or greater than, 8.5.

NUTRITION AND MEDICATION MANAGEMENT
Malnutrition increases the risk for delayed wound healing and mortality. Preoperative nutritional counseling is needed if you have:

• A BMI less than 19
• Lost 10% or more of your body weight in the last 2 to 3 months
• Difficulty swallowing

DON’T FORGET...
Bring a list of all medications you are currently taking. We will review and provide guidelines prior to your scheduled surgery.

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