

How you can prepare your body for surgery

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Before a surgery, you want your body to be in its best possible shape to increase your chances of a successful operation. Here are a few things you can do:

Eat a healthy diet

Eating lots of fruits and vegetables, lean meats and nuts will not only make your body stronger but will also help fight inflammation. Avoid processed foods as they are difficult to digest and put unnecessary stress on your body.

Be as fit as you can

If you exercise regularly, keep going up until your surgery. If you have never exercised before, start by walking 5,000 steps a day and work your way up. The fitter your body, the sooner it will recover after surgery.

Pause bad habits

Avoid smoking and drinking as soon as you know your surgery date. Even a week or so will be beneficial to get rid of some of the toxins in your body.

Calm your mind

As the date of your surgery approaches, you might get anxious. Yoga, meditation or down. mindfulness can help you calm