

# FAQS

## Frequently Asked Questions - ADULT & CHILD



**Q. Why is it important to drink a carbohydrate beverage before surgery?**

A. The carbohydrate drink gives you the energy you need during surgery and to start healing afterward. You'll also feel less hungry and thirsty.

**Q. Why eat and drink soon after surgery?**

A. Food provides you with energy to help you heal and recover faster.

**Q. Why should I sit up and walk soon after surgery?**

A. Moving can prevent blood clots and pneumonia to help you feel better.

If you are recovering in the hospital, we'll help you sit up in a chair for meals and walk short distances. If you are recovering at home, sit up in a chair for meals and get up and walk from time to time.

**Q. Do I need to take my pain medicine, even if I'm not in pain?**

A. Yes, for the first few days after surgery, take the medicine as directed by your doctor so you can stay ahead of the pain, move around, and heal faster. It's harder to manage pain when you miss a dose. If you need to take opioid medicine, also take medicine prescribed for constipation.

**Q. Why do I need help at home after surgery?**

A. Even if you usually take care of everything on your own, you may need help at home to safely recover. Your helper can assist with meals, medicine, driving, and other daily activities.

**Q. Why do I need to quit tobacco?**

A. Smoking slows healing and increases the risk of complications. Quitting before surgery can make a big difference. We offer counseling and medicine to help you quit. Call 1-866-862-4295 for Wellness Coaching by Phone or visit [kp.org/centerforhealthyliving](http://kp.org/centerforhealthyliving) to get more information. For our free online quit smoking program, Breathe, visit [kp.org/healthylifestyle](http://kp.org/healthylifestyle).

