



Why is it Important to be a Healthy Weight Before Joint Replacement Surgery?

Easier Surgery, Recovery and Rehabilitation

- **Surgery:** reducing surgical risks including
 - Difficulty breathing
 - Blood clots
 - Blood loss
 - Pulmonary embolism (a blood clot in the lungs)
- **Recovery:** fewer complications after surgery including
 - Hardware failure
 - Less risk of dislocation
 - Lowered Infection rates
 - Supporting wound healing
- **Rehabilitation:** improvement in recovery time
 - Less pain/discomfort
 - Faster mobilising
 - Higher rates of good results from hip and knee replacement surgery

