

Oral health

Healthy teeth and gums not only give you a shining smile — they also affect the health of your whole body! Tooth decay and gum disease can lead to infections which can spread to other parts of your body. These infections can increase your risk of heart disease, as well as worsen symptoms for those who have diabetes. So brush and floss your teeth twice a day. If you use dentures, make sure to clean them using a special brush and denture cleanser.



Get up and move around

Our bodies aren't designed to lay around all day. Getting 30 minutes of daily exercise not only helps to keep you in better shape, but it has other health benefits, too! Just taking a short walk gets blood and oxygen flowing through your body, which helps with blood flow, clot prevention, breathing, wound healing, and prevention of pneumonia. Even if you can't manage 30 minutes at a time, try to get up and move at least once an hour.



Skin care

Your skin is the biggest organ in your body — and being such a large area makes it more likely to become infected if you do not take care of it. Keep your skin and lips from cracking by using moisturizers and lip balms regularly. When you go outside, remember to put on sunscreen. And if you have any cuts or scrapes, keep them clean and bandaged — you don't want to invite an infection in!

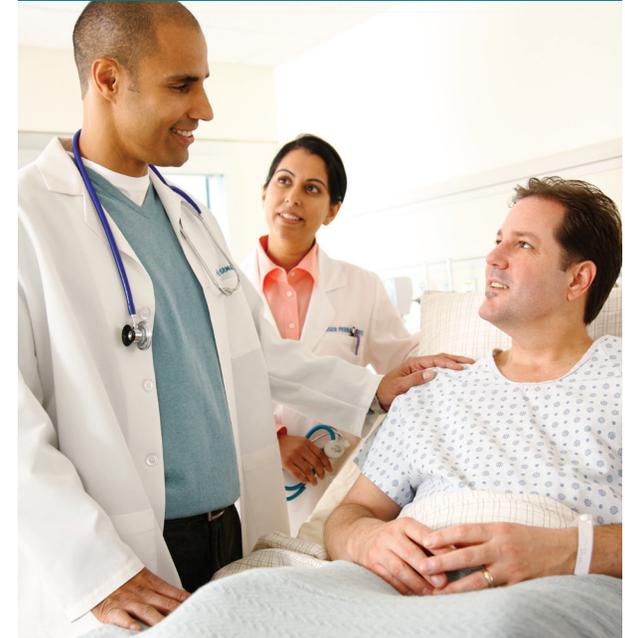


Take care of your whole self!

The best thing you can do while you are healing is to take it easy. Get plenty of rest, avoid things that make you worry, and give your body the time and help that it needs to fix itself. Stop using tobacco and avoid drinking too much alcohol. Remember, the best healing takes place when your mind, body, and spirit are in harmony.



STAYING HEALTHY



Tips for continuing your healing journey after leaving our facility



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We've enjoyed having you as our patient!

Now that you're on the journey to continue your recovery, we want to provide you with some tips to help enhance your healing. Use these tips, along with the complimentary products provided, to help prevent infections as your body works to heal itself.

Clean your hands

Keep your hands clean and ask those around you to do the same. Wash your hands after you use the bathroom and before you eat. Wash for 15 seconds with soap and water, or use an alcohol-based hand sanitizer (rub it in until it dries). Ask visitors to clean their hands when they come to see you.



Get vaccinated

To stay healthy, ask your doctor what vaccines you should get. This will depend on your age and your health. Some vaccines that can protect you are the annual flu vaccine, as well as vaccines for pneumonia and shingles.



Cover your coughs and sneezes

If you sneeze or cough, turn your face away from others and cough into your elbow or use a tissue. Throw the tissue away and then clean your hands when you're done. Avoid touching your eyes, nose, and mouth to prevent spreading germs. Be sure that others around you are not sick with a cold or the flu.



Stay hydrated

Your immune system works best when it is well-hydrated, so be sure to drink plenty of water. If you have a health condition that requires you to control how much water you drink, be sure to use a measuring cup or glass to drink the right amount of water your doctor has recommended.



Eat to heal

A healthy diet, rich in fruits and vegetables, will help provide your body the nutrients it needs to help fight infection and get better faster. It's always better to get your nutrients from eating food rather than vitamin pills. Your doctor or nurse can advise you on what type of foods will best improve (or delay) your healing, particularly if you have any dietary restrictions.



Sleep

You might think that not much happens while you're asleep, but this is the time when your immune system gets busy! Healthy cells are most active at night, searching out and destroying infected cells to help you heal. So get your Zzzz's and let those cells get to work! Poor sleep can also affect your mood, memory, blood pressure, body's disease fighting system, and heart function. Try to get at least 8 hours of good sleep every night. If you have trouble sleeping, talk to your doctor.

