

## Successful Surgery and Healing: A Practical Guide for Patients, Caregivers and Advocates

Lori L. Mertz

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Successful Surgery and Healing is the "How To" for anyone preparing for surgery or recovering from surgery (planned or unplanned surgery). Successful Surgery and Healing contains information that everyone needs to know about the surgical and recovery process; beginning, middle and end. It's for patients and caregivers, advocates, friends and family members looking to educate themselves or support someone going through the process. Having had open-heart surgery, a partially-severed Achilles tendon, reconstructive knee surgery, an emergency appendectomy, a traumatic brain injury and back surgery, I have a ton of hands-on experience when it comes to getting ready for, going through and recovering from surgery. Take advantage of my experiences! In short, what I know for sure is that being prepared made my surgery experiences much easier and my recoveries quicker and less painful. It's my hope that others may benefit from my insights, experiences and mistakes. Here's to your successful surgery and healing!



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