

Information for patients and carers

‘Set For Surgery’



Are you 'Set for Surgery'?

This leaflet looks at how we can support you while you are waiting for your surgical procedure to ensure you are fit and healthy.



Preparing for surgery

We know that being healthy and active is good for your body.

Patients who are healthy and lead an active lifestyle before their surgery:

- recover much quicker
- leave hospital sooner
- and return to their normal lives faster

There are things you can do to improve your overall health.



1. Increase Exercise

Keeping your heart and lungs strong will help your body to recover.

To strengthen your heart and lungs you could try increase your activity levels.

For example:

- Brisk walking
- swimming
- cycling
- gardening
- playing with your children or grandchildren are all helpful



Aim to do any activity which makes you feel out of breath at least three times per week.

Always check with your doctor first which type of exercise is most appropriate for you.



Who can help me?

Your GP can provide information.

Mobile apps such as 'Active 10 walking tracker' and 'Couch to 5K'.

Try joining a free council or community walking group in your area.

Some Gyms have personal trainers who may be able to support you.

Physiotherapist can give you extra support and guidance.



2. Have a Healthy Diet

Eating a healthy diet will help your body to repair itself after surgery.



Who can help me?

Your GP can give you information on healthy eating.

NHS Choices can also offer useful help and advice:

www.nhs.uk/live-well/eat-well



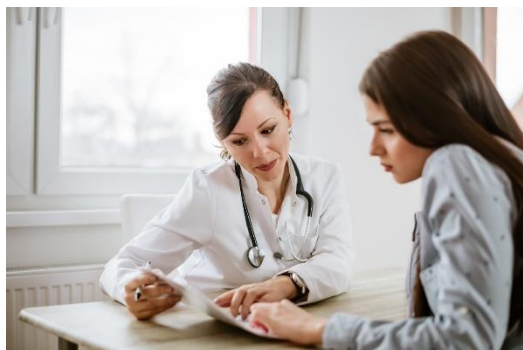
3. Be a healthy Weight

If you are overweight it can be harder for your body to recover.

Losing weight can help:

- Keep your heart and lungs strong
- Lower your blood pressure
- Improve your blood sugar level
- Reduce pain in your joints
- Allow you to exercise more easily

This will help your body recover quicker.



Who can help me?

Your GP can support you.

Some local councils also have weight loss schemes that can support you.

You could join a weight loss class.

In some areas NHS health trainers may be available to help you.

4. Reduce how much Alcohol you drink

Drinking lots of alcohol can have a bad effect on your body, including your liver.

You need your liver to help your body heal.

Make sure you are drinking within the recommended limits to improve your body's ability to heal after surgery.





Who can help me?

You can find useful information on how to reduce alcohol:

www.nhs.uk/live-well/alcohol-advice/tips-on-cutting-down-alcohol

Drink aware website:

www.drinkaware.co.uk



4. Stop Smoking

Smoking can reduce how strong your heart and lungs are.

Smoking can also make it harder for your wound to heal.

Stopping smoking is hard to do but help is available.



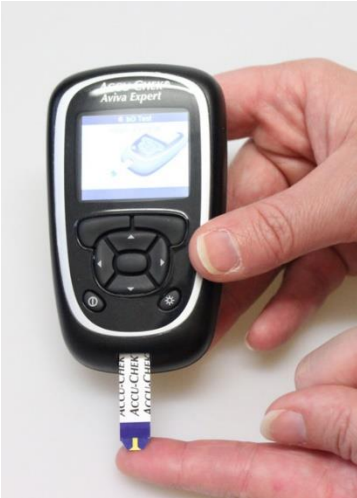
Who can help me?

- Your GP will be able to offer help in reducing or stopping smoking, so ask them about the best options for you
- There may be charities or support groups in your local area
- Quit squad help many people and have local facilities in most communities, look at their website for more information and support:

www.quitsquad.nhs.uk/

Medical Conditions

Many medical conditions can affect recovery from surgery. If you have other conditions



Diabetes: Keeping your blood sugar under good control is really important.

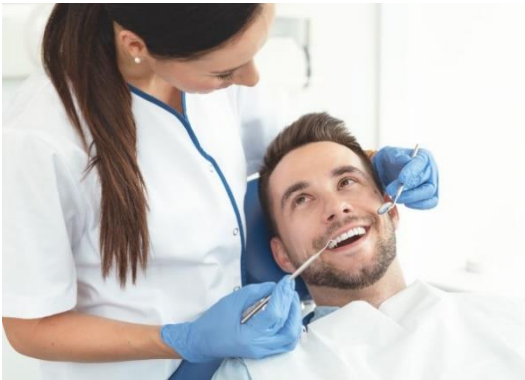


Blood pressure: Blood pressure should be checked by your GP and kept to a healthy range.



Anxiety and mental health: Most people feel some anxiety about having surgery.

If the thought of going into hospital is making you very anxious or upset, it may be helpful to talk about your concerns with your family, friends or GP. There may be further support you can access.



Dental health: If you have loose teeth or crowns, a visit to the dentist may be helpful before your surgery.



Practical Preparation for your operation

Who will be around to help?

Family and friends can usually give you practical support.



Think about your transport.

Can you make your own way to hospital or will you need hospital transport?

Who can help you get home again?



Think about what I need to take into hospital.

- Clothes
- P.J's
- Wash bag with toiletries
- Distractions such as music, books, tablet computer or puzzles
- Mobile phone and charger
- Usual medications



Think about the things you might need at home.

- Easy cook meals
- Someone to help with shopping
- getting mobility aids
- some pain relief such as paracetamol
- Someone to help look after any pets
- Someone to help look after children
- Someone to help look after elderly relatives

More information can be found at:

www.nhs.uk/conditions/having-surgery/preparation



Make sure you have a shower/bath before going to hospital to minimise the risk of infection.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

<https://carers.org>

This leaflet includes text taken from the Royal Collage of Anaesthetics (RCOA) Leaflet 'Fitter, Better, Sooner 2018, but the RCOA have not reviewed as a whole.

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.



Lancashire Teaching Hospitals is a smoke-free site.

Smoking is not permitted anywhere on any of our premises, including outside the buildings.

Our staff will offer you support and advice about stopping smoking.

You will have the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો ફપ||કરીને પૂછો. આ માહિતી મોટા છપાણ માં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਯਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دوسری زبانوں اور ریڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یئچھیا یجی یہ ابی دست ہو یسکت ہے براے مہر یان پوے یچھہی۔ معلومات

Arabic:

مطبوعه بأحرف كبيرة وبلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب أخرى يمكن تو فير هذه المعلومات

Department: Surgery

Division: Surgery

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