

PREPARE FOR SURGERY



If you're waiting for surgery, think of this time as a chance to get ready. There are a few things you can do now that will help you recover faster afterwards. Following the tips below can help you feel more prepared and in control when the day of your operation arrives.

For more information visit:

www.rcoa.ac.uk/patient-information-resources/preparing-surgery-fitter-better-sooner

QUIT SMOKING

QR Quitting smoking is one of the best things you can do before your surgery. It will make you less likely to have complications, make you more likely to recover faster and be less likely to be readmitted to hospital. We know quitting can be hard but if you use one of our great smoking cessation services you are four times more likely to successfully quit than going it alone.

For further details about your local service

Call the free Smokefree National Helpline **0300 123 1044**

Or visit <https://smokingendshere.com>

All our hospital and hospital grounds are smoke free to support the health and wellbeing of both patients and staff. You will be required to remain smokefree while you are in hospital for your surgery.



Scan the QR code to find your local stop smoking service

KEEP MOVING

Being as active as possible helps keep your heart and lungs strong, allowing your body to cope better with surgery. Any activity that makes you slightly out of breath is beneficial to your health. Movement is good for your body and helps build muscle, improving strength and balance.

- Focus on activities you can do before your surgery to sit less and move more.
- Depending on your situation you may be able to complete a longer session of exercise or may have to approach this in smaller chunks across the day, both are ok.
- Aim to complete 150 minutes of exercise per week.
- Exercise can include activities such as brisk walking, cycling, gym work, gardening, DIY or playing active games with friends/family.
- It can be helpful to involve friends and family when trying to be more active.

If you were to develop symptoms such as dizziness or chest pain when trying to increase your activity, stop and seek medical advice.

Find more information about being active here: www.nhs.uk/live-well/exercise/

EAT WELL

You may have started to think about what you eat and drink and may want to make some changes. Now more than ever it is important to 'Eat well'. Choosing a variety of foods and well-balanced meals can help you feel better, maximise your energy levels and build up good physical reserves.

- Have regular meals each day to keep your body fuelled for exercise and energy.
- Include a protein source with each meal - such as meat, poultry, fish, eggs, nuts, beans, lentils, pulses, Quorn© or tofu.
- Include at least 5 portions of different fruits and vegetables each day. Fresh, dried, tinned and frozen varieties are all suitable.
- Eat less foods which are high in sugar, fat and salt.

Find more information about eating well here: www.nhs.uk/live-well/eat-well/the-eatwell-guide/

Weight Loss for Surgery

Losing weight before surgery can help many people have fewer problems and heal faster. Extra weight can cause issues like infections, slow healing, and trouble with anaesthesia. If your doctor advises you to lose weight, eating a balanced diet and being active can help your heart and lungs and reduce pressure on your joints. If you are struggling to lose weight, speak to your GP about what support is available to you.

However, losing weight is not safe for everyone. Always talk to your doctor to see what is best for you. Following a safe plan can lead to better surgery and quicker recovery. If you are losing weight without trying, or struggling to eat enough, seek advice from a healthcare professional.

Find more information about losing weight here: www.nhs.uk/live-well/healthy-weight/managing-your-weight/

ALCOHOL

If you drink alcohol regularly you should make sure you drink within the recommended limits or lower. This will also support your body's ability to heal after your operation.

To speak to someone about your alcohol use call Drinkline the free national alcohol helpline **0300 123 1110**

Find more information on alcohol use here: <https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>

Scan the QR code to download the NHS Drink Free Days app



FOCUS ON WELLBEING

How you are thinking and feeling is very important in the lead up to surgery. Your mind and body are closely interlinked, so your emotions can impact your physical health, and your physical health can impact how you think and feel.

- Talk to someone you trust about how you are feeling.
- Try to get a good night's sleep.
- Do activities you enjoy - this could include hobbies you enjoy, (e. g. reading, listening to music), finding something new to try or simply taking time to relax.
- Think about your breathing - slow controlled breathing can help you feel calmer.
- Trying relaxation or practicing mindfulness.