

5 Tips to prepare for surgery

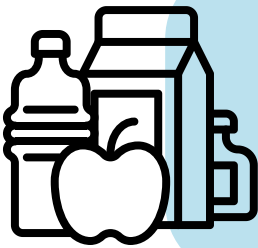
1

Keep Moving

Aim to keep as active as you can before surgery. Try to move more and sit less focusing on both your fitness and strength



For more info: www.nhs.uk/live-well/exercise/



Eat well

Eat a healthy balanced diet including a variety of foods. Stay at a healthy weight and ask your GP for support if needed.

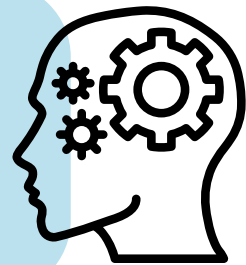
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For more info: www.bda.uk.com/resource/healthy-eating.html

3

Focus on wellbeing

Undergoing surgery can be stressful. Try to make time for things you enjoy and talk to someone you trust about how you're feeling.



Quit smoking

Smoking significantly increases the risk of complications during and after surgery. By quitting these risks will reduce.

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For more info: www.nhs.uk/better-health/quit-smoking/

5

Reduce your alcohol

Make sure you are drinking within the recommended limits or lower. This will improve your body's ability to heal.



For more info: www.nhs.uk/live-well/alcohol-advice/