

## General Surgery - Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself /stay healthy while waiting to attend the hospital.

The guidance has been written by clinicians who are responsible for your care

## Guidance for Patients

### Laparoscopic Inguinal Hernia Repair

What can I do to help make the operation a success?

- If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health.
- Try to maintain a healthy weight and a well-balanced diet. You have a higher risk of developing complications if you are overweight.
- Remain active and as medically fit as possible. Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health.
- Do not do exercises that involve heavy lifting or make your hernia painful. Before you start exercising, ask the healthcare team or your GP for advice.
- In the week before the operation, do not shave or wax the area where a cut is likely to be made.
- Try to have a bath or shower either the day before or on the day of the operation.
- If you are diabetic, keep your blood sugar levels under control around the time of your procedure.
- If you are taking Anticoagulants, you will need to stop taking these prior to your surgery. Your Consultant will inform you when it is safe to stop and restart them, or alternatively if you are undergoing a general anaesthetic your pre-operative assessment nurse will provide instructions as to what to do.
- If you have any long-standing conditions such as high blood pressure, you should get this reviewed at your GP Surgery to ensure that it remains well controlled, this will also help prevent any unnecessary delays when you come for your pre-operative assessment.
- Drink plenty of fluids 24 hours prior to your surgery
- 12 hours prior to surgery, eat only semi-solid foods or liquid food as this will help the bowel not to be distended.

# My Planned Care Patient Information Platform

## What should I do if my health is deteriorating?

If your health should deteriorate or your condition changes whilst waiting for surgery, then please contact our main switchboard on 01604 634700 and ask for the relevant department or Consultant that has planned your care or is managing your care.

## Contact Us

Main Switchboard 01604-634700