

## Musculoskeletal General Information

### Introduction

The information below will signpost you to services which will help and support you to improve your overall health and wellbeing while you await your treatment for your musculoskeletal problem.

Most musculoskeletal problems are painful and a healthy body and mind will help minimise this.

### Take Your Medication

Medical conditions can affect your recovery from surgery. It is important to ensure that any known conditions are controlled as well as possible ahead of surgery.

For patients with Diabetes it is important to ensure that you have good control of your blood sugar to reduce the risk of infection after surgery.

Blood pressure should be controlled to safe levels to reduce any risk of stroke. Surgery could be cancelled if your blood pressure is not within the correct level.

Remember to bring your medications in to hospital with you for your admission.

You may want to ensure that you have sufficient over the counter pain relief medication at home for your recovery.

### Keep Moving

Fitter patients who are able to improve their health and activity levels recover from Surgery more quickly.

What you do now can have a really big impact in your recovery. Taking an active role in planning and preparing for your operation will help you feel in control, leave hospital sooner and get to normal more quickly.

Your heart and lungs have to work harder during an operation to help your body to heal. Whilst you are waiting for you operation try and increase your activity levels. Walking, cycling, gardening, playing with the children will all help.

Try and do any activity that makes you feel out of breath at least 3 times a week, always ensure you check with your doctor which activity is most appropriate to you. Activities that improve your strength and balance will also be helpful towards your recovery.

Being active is one of the best ways that you can improve your overall health and wellbeing. Below are some links to tools and resources to support you to increase your activity levels.

<https://www.livelifebetterderbyshire.org.uk/services/getting-active/getting-active.aspx>

## My Planned Care Patient Information Platform

### Improve Your Health

Eating a healthy, balanced diet before and after your surgery can really help. If you are overweight losing weight can help to reduce stress on your body.

You can use the link to the below tool to check your BMI and find out if you are a healthy weight.

[BMI calculator | Check your BMI - NHS | Please fill in your details \(www.nhs.uk\)](#)

If required, see the below link for support with weight loss;

[Losing weight - Live Life Better Derbyshire](#)

If your BMI is below 18.5, this suggests that your weight may be too low. The below link can provide advice on achieving a healthy, balanced diet;

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Stopping smoking is hard, but if you can either quit or cut down before your surgery this can reduce your length of stay in hospital, it can improve wound healing and lung function.

Smoking leads to a wide range of health problems. If you're interested in taking part of the Derbyshire Live Life Better smoking cessation programme you can call on Freephone 0800 0852299. Alternatively see the link below for further support and advice for stopping smoking;

<https://www.livelifebetterderbyshire.org.uk/services/stopping-smoking/stopping-smoking.aspx>

Ensure if you are drinking alcohol, that you remain within or below the recommended limits, to improve your body's ability to heal following surgery. See the below link for tools and advice to help you understand whether you are drinking more than the recommended limit and advice on how to reduce your intake;

[Alcohol awareness - Live Life Better Derbyshire](#)

There are many things that you could do to reduce the risks following surgery, even the small changes can make a big difference.

If you have any loose teeth or crowns it may benefit you to visit a dentist to reduce any risk to the damage to our teeth.

### Good Mental Health

Mental wellbeing is an important part of all of our lives and good mental health and wellbeing is linked to good physical health. Below are some links to websites and resources to support with all aspects of mental health;

<https://www.nhs.uk/mental-health/>

[Mental wellbeing - Live Life Better Derbyshire](#)

<https://www.versusarthritis.org/>

Most people often feel anxious about having surgery. If the thought of coming in to hospital makes you feel anxious or upset, it may be helpful to talk about your concerns with your local GP practice. GP's can refer on for specialist support if required, who can offer techniques to deal with your anxieties including mindfulness, relaxation or yoga. This could help you before and after your surgery.