

## Introduction

You may not realise that there are things you can do in the days or weeks leading up to a surgery to improve your chances of a better recovery by being as healthy and strong as possible. Take a few precautions in the days leading up to your surgery to ensure that you are in good health. You may be able to avoid complications as a result of this. To achieve the greatest possible outcome and prepare for a successful recovery, follow these simple suggestions.

## Take Your Medication

It is vital that you bring any medications with you, that you are currently taking, in its original container. Nursing staff will take these from you and may use them during your stay. They will be returned to you on discharge if they are still required along with any medication you need to take home. In some cases, patients are asked to stop specific medication at certain times prior to their admission. Please follow the specific instructions given to you by your consultant.

## Keep Moving

Keeping active, regular exercise and a healthy diet help to reduce complications during any procedure. This increases the likelihood of better outcomes and a return to normal more quickly.

<https://www.nhs.uk/live-well/exercise/>

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

<https://www.nhs.uk/live-well/healthy-body/>

## Improve Your Health

Here are some things that you can do to prepare yourself for your operation and improve outcomes following a procedure.

### Smoking

You should try to give up for several weeks before the operation. The longer you can give up beforehand, the better. Smoking reduces the amount of oxygen in your blood and increases the risk of breathing problems during and after an operation. If you cannot stop smoking completely, cutting down will help.

<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

# My Planned Care Patient Information Platform

## Alcohol

Alcohol can affect your body and its ability to recover following a procedure. Ensuring that you drink within recommended limits can improve outcomes.

<https://www.nhs.uk/live-well/alcohol-support/>

## Good Mental Health

Although it is natural to be concerned about undergoing surgery, calm, mindfulness, and breathing exercises can all be beneficial. Your GP procedure can provide you with information on local resources.

<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/how-to-access-mental-health-services/>

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

## Information about your procedure

The Trust has produced a number of patient information leaflets to provide patients with useful information ahead of their appointment or admission at the Trust.

<https://www.thewaltoncentre.nhs.uk/treatment-and-care/a-z-of-patient-information-leaflets.htm>