

My Planned Care Patient Information Platform Airedale NHS Foundation Trust

Introduction

We recognise that the Covid-19 pandemic has had a significant impact on the NHS ability to provide routine elective services. We are working hard to get people seen as quickly as possible.

The information within this document is aimed at helping you arrive for your appointment or treatment in the best possible physical and mental health.

Maintaining and improving your overall wellbeing will also lead to faster recovery if you require surgery.

Looking after yourself before surgery

Getting yourself in shape before your surgery is important, as it will positively impact on how well your surgery goes and your recovery afterwards.

Information on what you can expect while you are waiting for surgery can be found on our website here:

[Surgery - Airedale NHS Foundation Trust \(airedale-trust.nhs.uk\)](https://airedale-trust.nhs.uk)

Take Your Medication

Whilst waiting for your hospital treatment, please continue to follow medical advice and take any medications as prescribed.

Make a list of any medicines you are currently taking, including prescriptions, medicines you've bought yourself or any alternative treatments and take this along to any appointments you have.

If you need to stop any medication before your procedure, you will be given clear instructions by the hospital at your pre-operative assessment. If you have any queries, please don't hesitate to get in touch with your hospital team.

Looking After Your Physical Health

There are steps you can take now to help make your surgery or treatment a success. Keeping yourself healthy before your operation is important.

My Planned Care Patient Information Platform Airedale NHS Foundation Trust

The information below gives advice on how you can maintain a healthy weight, get active, quit smoking and reduce your alcohol intake.

Getting yourself in shape before your surgery is important as it will positively impact on how well your surgery goes and your recovery afterwards.

Information on local support available for people in the Bradford District can be accessed via the [Living Well website](#).

The national [Better Health website](#) can also help you to kickstart your health ahead of your operation and prepare you for a healthier, happier future.

Maintaining a healthy weight

Maintaining a healthy weight reduces the risk of complications during surgery. If your operation is not urgent and you are overweight, taking time to lose weight prior to your treatment may be of great benefit to you.

You can download a [free NHS weight loss planning app](#) to help you start healthier eating habits, be more active and start losing weight.

Keep moving

No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. A daily brisk walk can boost your energy, lift your mood and make everyday activities easier.

The UK guidelines for adults aged 19-64 (including disabled adults, pregnant women and new mothers) are to:

- Be physically active every day. Any activity is better than none, and more is better still.
- Do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) at least twice a week.
- Do at least 150 minutes of moderate intensity activity (such as brisk walking) or 75 minutes of vigorous activity (such as running) each week.
- Reduce time spent sitting or lying down and break up long periods of not moving with some activity.
- Make sure that the type and intensity of your activity is appropriate for your level of fitness.

My Planned Care Patient Information Platform Airedale NHS Foundation Trust

Visit [Exercise - NHS \(www.nhs.uk\)](https://www.nhs.uk) find out more.

Food and Nutrition

Your body needs to repair itself after surgery – eating a healthy diet before and after your surgery can really help.

Here are some useful resources:

- NHS Eat Well guide - <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
 - British Heart Foundations Healthy Eating toolkit - <https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/healthy-eating-toolkit>
 - British Heart Foundations Eat Better guide- <https://www.bhf.org.uk/information-support/publications/healthy-eating-and-drinking/eat-better>
 - BDA Food Fact Sheet - <https://www.bda.uk.com/resourceDetail/printPdf/?resource=healthy-eating>
 - <http://www.nutrition.org.uk/>
-

Quit Smoking

If you're going into hospital for an operation, it's strongly advised that you stop smoking as soon as possible.

Quitting smoking as soon as you can before an operation gives your body time to repair itself and will reduce your chances of complications and speed up your recovery after surgery. It will also make your stay at hospital more comfortable as smoking is not permitted on hospital grounds.

The best way to quit smoking is with a combination of personalised support and stop smoking aids, like nicotine replacement.

Free quitting services are available and will make you more likely to quit smoking than just willpower alone.

Visit [Make Smoking History](#) to get free access to the latest quitting aids, one-to-one advice and [support in your local area](#).

My Planned Care Patient Information Platform Airedale NHS Foundation Trust

You can also speak to your GP or local pharmacist for help and advice to stop smoking.

You can also keep motivated, monitor your health improvements and track how much money you save when you quit with the Smoke Free App.

Alcohol

Alcohol can have many negative effects on the body, but importantly it can reduce the liver's ability to produce the building blocks necessary for healing.

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

Cutting back on alcohol can be a really effective way to improve your health, boost your energy, lose weight and save money. Any reduction in the amount you drink every week can be beneficial with the right help.

Download the free [Drink Free Days app](#) to:

- Update and track your drink-free days
- Get simple and practical tips to help you control your drinking
- Receive reminders when you need it most
- Celebrate milestones when you reach your targets

Get medical advice before you stop drinking if you have physical withdrawal symptoms (like shaking, sweating or feeling anxious until you have your first drink of the day). It can be dangerous to stop drinking too quickly without proper help.

Find your [local alcohol support service now](#), or [call Drinkline on 0300 123 1110](#) for free, confidential help for anyone who is concerned about their own or someone else's drinking.

Looking after your mental health

Your mental wellbeing is just as important as your physical health.

In the time before your surgery, you can take simple steps to improve your mental health.

My Planned Care Patient Information Platform Airedale NHS Foundation Trust

You can find expert advice, practical tips and plenty of help and support if you're feeling stressed, anxious, low, struggling with relationships or sleep on the [Every Mind Matters website](#).

Here are some useful resources:

- Find tested and approved mental health apps [here](#).
- <https://www.mindinbradford.org.uk/>
- [Youth in Mind](#) – Emotional and wellbeing support for ages 5-25 across Bradford District and Craven
- [Feeling anxious?](#)
- [Feeling stressed?](#)
- [Feeling low?](#)
- [Trouble sleeping?](#)
- [SHOUT](#) is a 24/7 crisis text messaging service, you can send a text message any time of day or night wherever you are – every conversation is with a real person. Just text SHOUT to 85258. You don't need an app or data and there's no registration process. It's silent and won't appear on your phone bill. Confidential and anonymous.
- [Kooth](#) - Free text and online support for children and young people aged 11-18.
- [Shining a Light on Suicide](#)
- [Beat](#) is the UK's eating disorder charity

If you've noticed changes in the way that you have been thinking or feeling over the past few weeks or months that concern you or cause you distress, see your GP or current mental health practitioner.

If you need urgent medical attention but it is not a life-threatening situation, you should first call 111. If you think life is at risk, you should call 999.

Information about our services while you are waiting for surgery or treatment

Our [Trust website](#) has information to support you whilst you wait for surgery.

Links to information about individual specialties are below:

- [General surgery](#)
- [Urology](#)
- [Endoscopy](#)
- [Vascular surgery \(bradfordhospitals.nhs.uk\)](#)

My Planned Care Patient Information Platform Airedale NHS Foundation Trust

- [Lymphoedema](#)
- [Ophthalmology](#)
- [Oral surgery](#)
- [Breast Unit](#)

For more information on what to expect when you come into hospital for surgery and your patient journey, visit [Airedale NHS Foundation Trust – Patient Journey](#).

Any more questions?

If you require further information, please contact our Patient Advice and Liaison Service (PALS) on 01535 625511.