Preparing For Your Surgery

In the run up to your surgery, there are things you can do to get ready and this will also help you make a better recovery.

We have spoken to you honestly about Covid-19 and how we can best tackle the risks. The same things that will help you get fit for surgery will also help you if you ever catch Covid and so now is a good time to do these things.

Below are some health topics that can really make a difference. Even making these changes just 6 weeks before your operation can be a real help but these are changes that could help you for the rest of your life.

Smoking

It is in your best interests to stop smoking as soon as possible, especially before surgery. This will reduce the risk of any breathing problems during and after surgery.

https://www.nhs.uk/conditions/stop-smoking-treatments/

Alcohol

Drinking too much alcohol may slow your recovery and also make it more likely that you get an infection. Men and women are advised not to drink more than 14 units of alcohol a week, and we ask our patients to try to keep to these limits. If you would like more information, please visit these webpages:

https://www.nhs.uk/oneyou/for-your-body/drink-less/

https://www.nhs.uk/conditions/alcohol-misuse/

Diet

Eating a healthy diet will improve wound healing and reduce muscle weakness and tiredness during your recovery. A good diet will also help you fight infection.

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

Obesity and weight loss

Trying to lose weight can be difficult, yet the best way to help tackle this is to eat a healthy calorie-reduced diet and exercise regularly. Even loosing a small amount of weight prior to surgery will help. Set yourself a goal that you can make.

https://www.nhs.uk/conditions/obesity/

compassionate care

Physical activity – moderate level

We should all take some form of moderate exercise every day. This will make you stronger, reduce breathing issues and build up stamina. These will all help you get better more quickly.

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

Diabetes

If you have diabetes, we ask that you try to keep your sugar levels within the limits as agreed with your doctor or nurse. Poorly controlled Diabetes can be a serious concern during surgery. Please don't hesitate to talk to your clinical team in the weeks leading to your surgery if you are concerned. We recognise things may not be perfect but taking steps to reduce the risks is all we can ask our patients to do.

https://www.nhs.uk/conditions/diabetes/

Mental Health and Wellbeing

Many patients face concerns and anxieties before going into hospital, or mentally dealing with an ongoing condition or illness. There are many resources that can help to prepare yourself mentally.

https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/

Managing pain

Many patients get aches and pains in their muscle and joints. This resource will help you to manage these.

https://www.csp.org.uk/conditions/managing-pain-home

Getting ready for surgery

The following give excellent advice on how to get yourself ready for an operation.

https://cpoc.org.uk/patients/guidance-adult-patients-having-operation-during-covid-19
https://cpoc.org.uk/patients/fitter-better-sooner-toolkit
https://www.nice.org.uk/guidance/ng180
https://www.rcoa.ac.uk/fitterbettersooner

and for children and young people…

https://cpoc.org.uk/my-operation-and-coronavirus-guidance-young-people-undergoing-surgery-during-covid-19-pandemic

Further information

If you require any support for patients with Learning disabilities or Learning difficulties prior to surgery or treatment, please see the link below for information.

https://www.nhs.uk/conditions/learning-disabilities/

If you have any comments about this leaflet or the service you have received you can contact :

Huddersfield Royal Infirmary
Tel: 01484 342527 / 356937

Calderdale Royal Hospital
01422 223981 / 223983

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو
براہے مہربانی مندرجہ بالا شعبے میں سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"