

Preparing for your surgery

Patient Information

You have been given this leaflet because you are waiting for surgery.

Even small changes before your operation can help you recover quicker. You can start getting ready for your surgery today.

This leaflet is about three things:

- Moving more
- Eating well
- Looking after your mental wellbeing

It provides links to trusted websites where you can find more advice.



Move more, recover better

Being active before surgery helps your body get ready for surgery. It can also help you get better quicker.

Everyone is different. The Moving Medicine website gives simple ideas to help you be more active in a way that is safe for you.

<https://everybody.movingmedicine.ac.uk/symptom/exercise-before-after-an-operation>



Eat well, recover well

Eating well before surgery helps keep your body strong. It also helps your body heal and recover.

Even small changes to what you eat and drink can help. The website below gives easy tips on eating well before surgery.

If your team has told you to follow a special diet, please keep following it.

<https://cpoc.org.uk/guidelines-and-resources/perioperative-optimisation-Top-seven-interventions/nutrition>

Mind ready, surgery ready

Looking after your mental wellbeing is an important part of getting ready for surgery. Feeling worried before surgery is normal. There are things you can do to help manage these feelings

The website below has easy tips to help manage worries.

<https://cpoc.org.uk/guidelines-and-resources/perioperative-optimisation-Top-seven-interventions/mental-wellbeing>

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and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499**
or email **uhd.patientexperienceteam@nhs.net**.

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