

## DRAFT PATIENT RESOURCE LETTER

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 losing a small amount of weight prior to surgery will help. Set yourself a goal that you can make.

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

### **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>

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/>