

## Get Set For Surgery.

Being ready and in the best possible health will help your surgery be more successful and help you recover quicker and better.



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## Did you know?

Recovering from surgery can be equivalent of running a half marathon? This is your body's repair process working. You wouldn't run a marathon without training for it first would you?

Find ways to improve your health.  
Visit [getsetforsurgery.org.uk](https://getsetforsurgery.org.uk)

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

## Having surgery is about improving your quality of life.

If you aren't well enough, your surgery could be cancelled, or you may need to wait longer for it. Better health can mean a faster and better recovery, and a shorter hospital stay. It can also reduce some of the risks of surgery.

There are things you can do to help get ready for surgery. As well as helping you in recovery, this could improve your independence.

Being in the best shape possible is important when you're waiting for surgery. It could help you to:

- Feel more confident and better prepared for your surgery
- Reduce risk and help your surgery go more smoothly
- Make a faster and better recovery
- Leave hospital earlier and make positive changes that last a lifetime.

## [getsetforsurgery.org.uk](https://getsetforsurgery.org.uk)

Our website is for everyone waiting for surgery or treatment.

It sets out the main areas of your health that can have a big impact on the success of your surgery and what you can do to help you get ready for it.

You will find lots of useful information on how to make improvements, as well as links to tools to help you.

## Life after your surgery.

Whilst improving your health and wellbeing can help you prepare for your surgery and make a better recovery, by continuing these improvements afterwards, they can also make your health better in the long-term.

# Factors that affect your surgery.



## Wellbeing.

When you're waiting for surgery, you may feel more worried than usual. Your problems may not seem health related. However, issues with money, family, or housing, or loneliness can affect your wellbeing.



## Smoking.

Nicotine makes surgery more difficult for your body. Stopping smoking before your surgery can reduce the risk of something going wrong afterwards by 60%. It can also reduce the risk of wound problems by 70%.



## Alcohol.

Drinking too much alcohol can reduce your body's ability to fight infection. This can make your hospital stay and recovery longer after surgery. Cutting the amount you drink will help reduce the risk and improve your chances of a better recovery.



## Food.

Eating a balanced diet can help lower risks when you're having surgery. Keeping a healthy body weight and cutting down on over-processed foods is essential.



## Diabetes.

People living with diabetes need to have good blood glucose control or their surgery cannot go ahead. If you have diabetes and are waiting for planned surgery, speak to your diabetes healthcare team for advice and support.



## Exercise.

Improving fitness and strength through exercise is key for good physical and mental wellbeing. Your body needs to work hard to recover from surgery and being fitter beforehand will help this repair process.



## Pain management.

Waiting for surgery can be stressful, and this might have a negative impact on your pain. That's why it's important to find the best way to manage your pain carefully in the lead up to your surgery.



## Sleep.

Good sleep helps your body to repair and get better. When you're less tired, it's easier to make better exercise and food choices. A lack of sleep can make lots of conditions worse and most sleep issues are linked to lifestyle.