



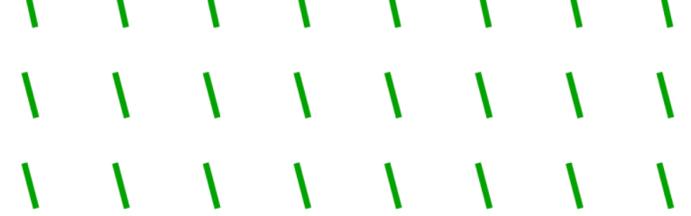
Patient Pre-Op Information Guide



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About This Guide

This guide provides you with useful information to ensure that your operation and recovery runs as smoothly as possible.

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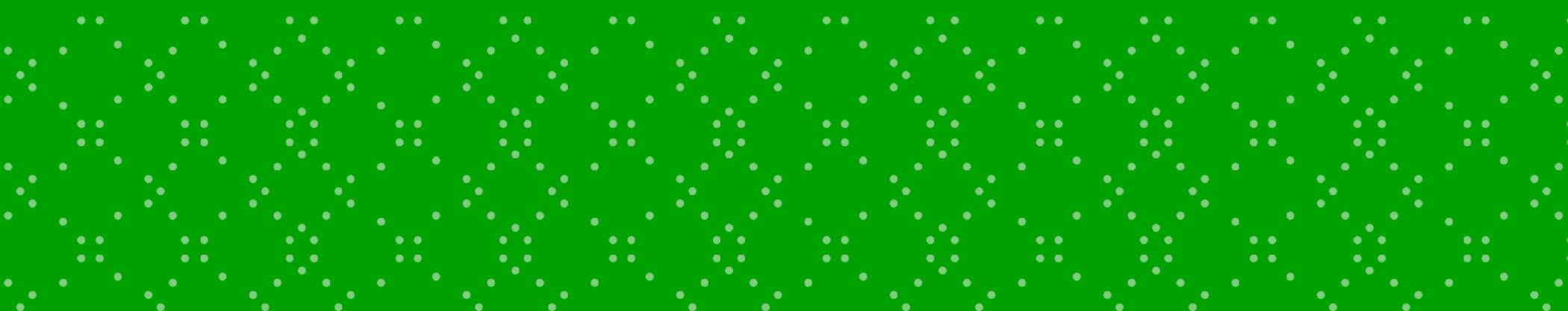
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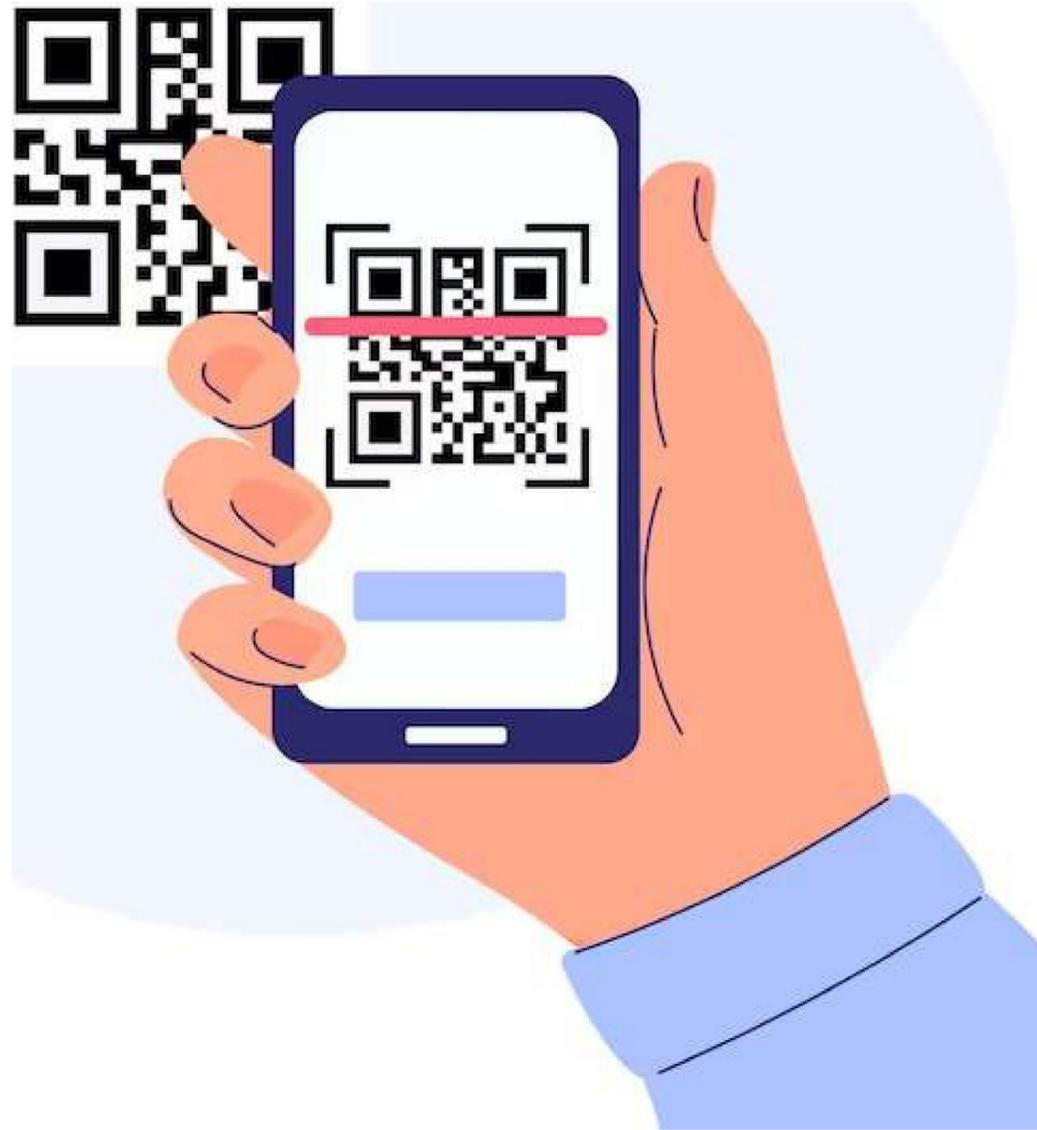
Further Information





Planning for Your Surgery





QR codes are provided throughout this guide

Simply point your smart phone camera at the code to access more info. Alternatively, links are provided in the appendix at the end of this document.

Planning for Your Surgery Prior to Admission



Support & Respite Care

Support on discharge is important to plan prior to your admission. Depending on your surgery you may need extra help/support at home or respite care, please speak to the Pre-Assessment team for further advice.



Home Changes / Adaptations

Are items at home easily accessible? Consider moving items out of bottom drawers prior to admission, moving any rugs or furniture that could be a trip hazard and installing handrails that could make moving around easier upon your return home. Speak to your advisor for further advice.



Who Will Look After Animals and Dependants?

It is extremely important to make sure that you have help arranged and appropriate care to look after your pets and dependants - not just during your stay but also afterwards whilst you recover.



Shopping and Food Preparation

Make sure you have plans in place before your stay to cover any shopping and food prep that will need to be done following your surgery. You may not be very mobile so be sure to plan ahead - can you do internet shopping or ask family or friends to help?



When Can I Drive Again?

The length of time it takes before you're fit to drive again can vary depending on a number of factors. Please speak to your Pre-Assessment nurse, who will be able to advise you. Make sure you don't drive if you still feel any pain or soreness.

What to Bring With You

All Procedures:

- Dressing gown
- Slippers
- Medications in the original boxes (see next page for further details)
- Sanitary pads (if undergoing gynaecological surgery)

In-Patient Procedures:

In addition to the items above

- Toiletries (towels are provided)
- Night wear
- Comfortable/loose clothing to wear in hospital
- Body wash that was provided at Pre-Assessment and body wash card (if applicable)

Medication:

Please ensure you inform the nurse of all medications you take including over the counter bought vitamins and minerals, various medications need to be stopped prior to your surgery, your nurse will advise.

Medications need to be brought in to hospital in the original boxes.

Please ensure you have plenty of over the counter medication at home ready for discharge: paracetamol and ibuprofen (if tolerated), your nurse can advise you further.



Fitter, Better, Sooner



Advice from
RCOA
Royal College of Anaesthetists



Your Role in Preparing for Surgery

Having surgery is a big moment in your life. By preparing for it, with support from your healthcare team, you can reduce your risk of complications.

Fitter patients, who are able to improve their health and activity levels, recover from surgery quicker.

Your Healthcare Team

Many staff from different healthcare professions will work together to make your surgery and recovery go smoothly. They will look after you before, during and after your surgery. This is often referred to as the perioperative team. **But it all starts with you.**

You will meet many people along your surgical journey. Below are some members of the perioperative team:





Weight Management

Losing weight can help reduce stress on your heart & lungs, reduce the risk of complications and help you recover faster.



Exercise

Try to do any activity which makes you feel out of breath at least three times per week (if agreed by a medical professional).



Healthy Diet

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



Cut Down or Quit Smoking

Stopping smoking is hard. The good news is that quitting or cutting down can shorten your hospital stay.



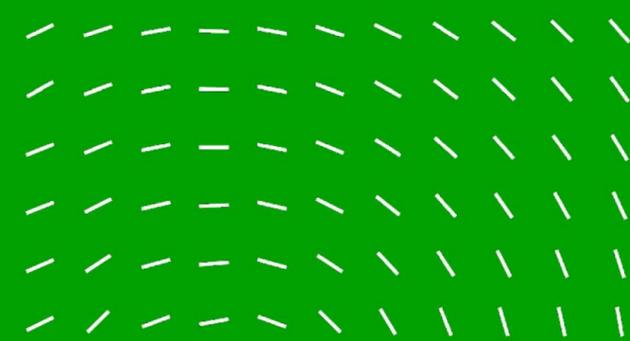
Alcohol Advice

If you drink regularly, make sure you are drinking within the recommended limits or lower.



Frequently Asked Questions





I am feeling unwell, what should I do?

Should you become ill, however mildly, before you are admitted, please let us know at the earliest possible opportunity, as it may affect your planned treatment.



Do I Need to Fast Before My Admission?

Depending on the type of anaesthetic, you may be advised to fast before your admission. Your pre-assessment nurse will provide you with guidance during your appointment. Following fasting guidance is very important to ensure your surgery goes ahead as planned.



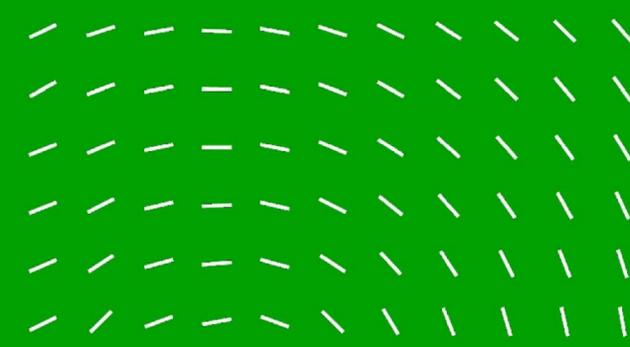
...and How About Drinking Water?

Keeping hydrated and drinking water up until your allocated time can help reduce the risk of blood clots and also makes you feel better after your operation. Again, your pre-assessment nurse will provide you with guidance during your appointment.



Do I Need to Refrain From Smoking and Drinking Alcohol?

We recommend that you do not drink alcohol or smoke (including e-cigarettes/vapes) for at least 24 hours before your admission.



Should I Remove My Body Piercings?

Where practically possible we recommend that all body piercings should be removed before anaesthetic and surgery. Piercings near the surgical site must be removed. All tongue and lip jewellery should be removed before general anaesthetic.



Do I Have to Remove Nail Varnish, Gel or Acrylics?

We ask you to remove nail varnish or gel/acrylic nails before you arrive. This will help doctors to see your skin and nails to make sure your blood circulation is healthy.



I Am Feeling Anxious, Who Can I Speak to?

We understand that coming to a hospital for a procedure can make you feel anxious. Please speak to your pre-assessment nurse during your appointment or give us a call. We want to put your mind at ease and do everything we can to alleviate any concerns you may have before or during your stay.



I Have a Pre-Existing Medical Condition, Who Should I Speak to?

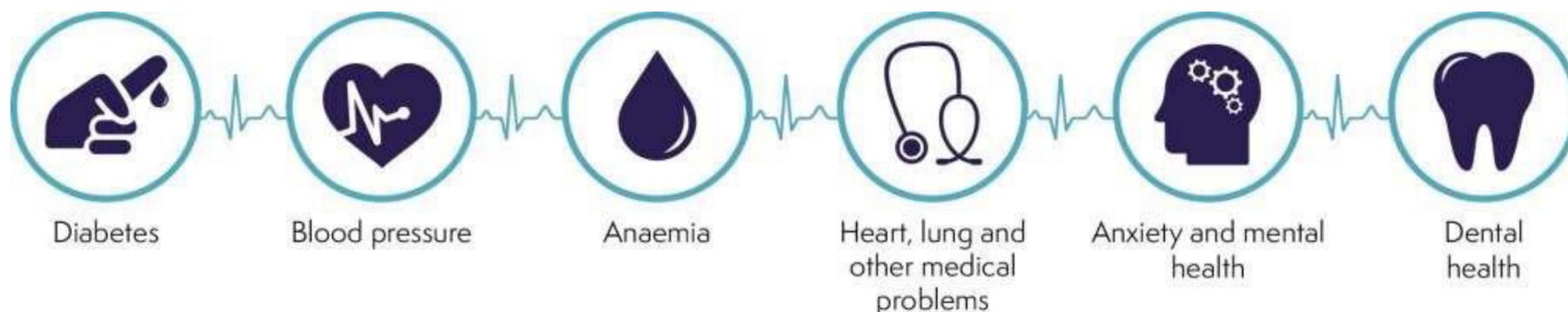
If you have any pre-existing medical conditions such as diabetes or high blood pressure, please inform us immediately as failure to do so could result in a delay or cancellation of your procedure.



Managing Medical Conditions



Advice from
RCOA
Royal College of Anaesthetists



Diabetes

Good control of your blood sugar is really important to reduce your risk of **infections after surgery**. Please speak to your diabetic doctor/nurse for advice and recommendations for controlling your blood sugar.

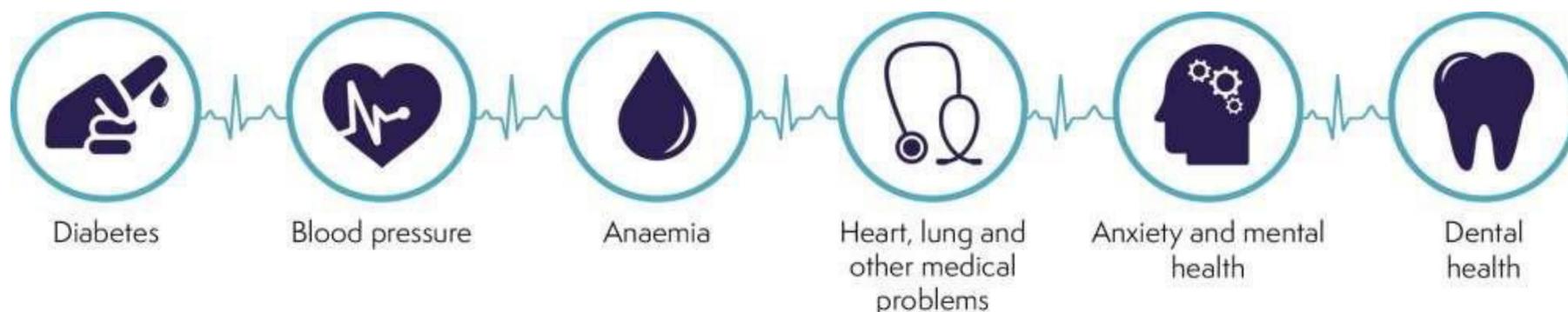
High Blood Pressure

Blood pressure should be controlled to safe levels to reduce your risk of **heart disease and stroke**.

Anaemia

Treating your anaemia before surgery reduces the chance of you needing a **blood transfusion and will help with your recovery**. One third of adults having major surgery are anaemic.

Continued...



Heart, Lung & Other Medical Problems

Please ensure you tell your nurse all the information about your medical **conditions**. This will help to ensure your surgery can go ahead without any delays or complications.

Anxiety and Mental Health

If the thought of going into hospital is making you very anxious or upset, **then don't hesitate to talk to us**. If you are taking medication for your mental health, it is important to let us know during your Pre-Op Assessment.

Dental Health

If you have loose teeth or crowns, a visit to the dentist may reduce the risk of damage to your teeth during an operation. It's also important to have good dental hygiene and for your teeth and gums to be in good condition before the surgery, as this will reduce the risk of infection.



After Surgery Your Recovery



After Surgery Your Recovery



Getting Home

You will need a responsible adult to collect you from hospital and stay with you for 24 hours if you are going home on the same day as your surgery.



What if I Have Complications or Worries Following Discharge?

The discharging nurse will give you a phone number to contact the ward direct. The nurse will contact your consultant for further advice.



Fit Notes

Fit notes can be provided on the ward following your operation, please ask your nurse for a fit note if you require one.



Wound Treatment or Concerns

Advice will be given by your discharging nurse regarding wound treatment and any concerns you may have, including looking out for signs of wound infection.



Outpatient Appointments

Outpatient appointments will be arranged on discharge to see your consultant.



Get Fit.
Get Healthy.
Get Going.





Health and Wellbeing for the Whole You

Appendix

Below you can find links that will take you more information for each of the sections throughout this guide.

Fitter Better Sooner

Pages 6-7

<https://www.cpoc.org.uk/patients/fitter-better-sooner-toolkit>

Preparing Your Body: NHS Better Health

Page 8

<https://www.nhs.uk/better-health/>

Managing Medical Conditions

Pages 14-16

<https://www.rcoa.ac.uk/patients/patient-information-resources/preparing-surgery-fitter-better-sooner/medical-conditions>

Thanks for Reading

If you have any questions about preparing for your surgery, please call our pre-assessment team on 0113 388 2020.

References

Information contained in this guide was obtained from Nuffield Health Professionals, Royal College of Anaesthetists and NHS Better Health.

