

## Prepare

This leaflet will provide you with useful information about how you can prepare yourself for surgery.

'Prehabilitation' is all about undertaking good preparation for your body and mind before your surgery.

Taking some simple steps to maintain your health and fitness can reduce your risk of complications and improve your wellbeing now and in your recovery. Helping you to "wait well" for surgery.

### ➤ Useful online resources to help you prepare for surgery

➤ [nhsinform.scot/waiting-well/getting-fit-for-surgery](https://nhsinform.scot/waiting-well/getting-fit-for-surgery)

[services.nhslothian.scot/preparingforsurgery/prehab/](https://services.nhslothian.scot/preparingforsurgery/prehab/)



## Keep Active

Being physically active before your surgery can have big benefits. Surgery, and the recovery afterwards can put extra strain on the body, particularly the heart and lungs. However, even small improvements in your fitness, strength and balance can make a big difference to your recovery!

We realise your orthopaedic problems may limit your activity but it is important to try to engage in at least 150 minutes of moderate exercise per week (20-30 minutes per day) e.g. a brisk walk, swim or cycle where you are slightly short of breath.

You should also try muscle strengthening exercises twice per week. For example - gardening, housework, weights or resistance bands.

You can also find lots of exercise tutorials online.

Visit [www.nhs.uk/live-well/exercise/](https://www.nhs.uk/live-well/exercise/) or

[cpoc.org.uk/news/joe-wicks-helps-people-get-fit-surgery](https://cpoc.org.uk/news/joe-wicks-helps-people-get-fit-surgery)



### Exercise Programmes in your local area

Looking for inspiration for activity ideas? Need guidance about getting started? There are many resources and classes available in your local area. Every area served by NHS Lothian offers a range of classes suitable for all abilities and specifically catering to people with long-term health conditions.

If you suffer from Joint Pain you may also be interested in looking at a free Joint Pain Programme delivered by Nuffield Health. For more information on this and to find out what support is available within your local authority please scan the QR Code or visit the link below

[services.nhslothian.scot/preparingforsurgery/prehab/activity/](https://services.nhslothian.scot/preparingforsurgery/prehab/activity/)



## Eat Well

In order for your body to recover from surgery, it needs the right energy and nutrients. A healthy balanced diet is important to help prepare your body for surgery.

Try to eat a healthy and nutritious diet in the weeks leading up to your surgery. The Edinburgh Community Food website has lots of healthy recipe ideas that you can try at home. Please visit:

[www.edinburghcommunityfood.org.uk/Pages/Category/recipes](https://www.edinburghcommunityfood.org.uk/Pages/Category/recipes)

For more information on nutrition and eating well please also see:

[services.nhslothian.scot/preparingforsurgery/prehab/nutrition/](https://services.nhslothian.scot/preparingforsurgery/prehab/nutrition/)



## Maintain a Healthy Weight

Being overweight or underweight can both increase the risks when having an operation. It is therefore important to try to achieve a normal body weight before your operation or treatment.

If you know your height and weight you can calculate your Body Mass Index (BMI) on the NHS website. BMI can be a useful measure to help you identify if you are a healthy weight.

Scan the QR code or visit: [nhs.uk/health-assessment-tools/calculate-your-body-mass-index/calculate-bmi-for-adults](https://nhs.uk/health-assessment-tools/calculate-your-body-mass-index/calculate-bmi-for-adults)



If your BMI is too high or too low you can help to change this by making simple changes to your lifestyle such as improving your nutrition and ensuring you get regular exercise.

## Reduce

**Reduce your alcohol intake:** Alcohol can affect your health and the way your body responds to surgery and treatment. Ensure you do not consume more than 14 units per week (equal to 6 pints of average strength beer or 6 small glasses of wine). More than 3 units per day impairs your immunity and affects your livers ability to process medication and help blood to clot.



Please visit [services.nhslothian.scot/preparingforsurgery/prehab/alcohol/](https://services.nhslothian.scot/preparingforsurgery/prehab/alcohol/) or scan the QR code for more information.

If you would like to speak to someone about your alcohol intake contact 0131 337 8188 or visit **ELCA Counselling Service** at [edinburghadp.co.uk](https://edinburghadp.co.uk)

**Stop smoking** - smokers are at higher risk of complications following surgery - risks include blood clots, poor wound and bone healing and longer hospital stay.

For more information please visit [services.nhslothian.scot/preparingforsurgery/prehab/smoking/](https://services.nhslothian.scot/preparingforsurgery/prehab/smoking/) or scan the QR code.



Contact **Quit Your Way** for free on 0800 84 84 84 or chat to a stop smoking advisor online. Visit: [www.nhsinform.scot/healthy-living/how-to-stop-smoking/](https://www.nhsinform.scot/healthy-living/how-to-stop-smoking/)

## Mental Health and Wellbeing

Having an operation can be a stressful and anxious experience. It's important to take steps to maintain good mental health and wellbeing.

- Try to ensure you get regular exercise.
- Try breathing techniques which can help you to reduce stress and anxiety. Try to breathe in slowly, hold for five seconds and then exhale several times in the day.
- Relaxation techniques such as relaxing music, meditation or mindfulness can help you to de-stress. These techniques can be guided via online apps – e.g. 'stress and anxiety companion' or 'sleepio' on the Android and Apple app stores.
- Try to talk to your friends & family about any worries or concerns you may have.



Visit: [services.nhslothian.scot/preparingforsurgery/prehab/wellbeing/](https://services.nhslothian.scot/preparingforsurgery/prehab/wellbeing/) for more information and resources to help you manage your mental health.

