

Get Set For Surgery

PREHABILITATION



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.

Keep Active

Having an operation increases the amount of oxygen your body needs to function and heal. By exercising and keeping active it is possible to train and prepare your body for surgery.

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, jog, 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/ for more information.



Prehab Programme

Nuffield Health run a 12-week joint pain programme. The programme helps your body prepare for surgery and will equip you with tools to better manage pain or discomfort you are experiencing. To self refer to the programme please visit the website below or scan the QR Code with your mobile phone.

www.nuffieldhealth.com/about-us/our-impact/healthy-life/joint-pain-programme

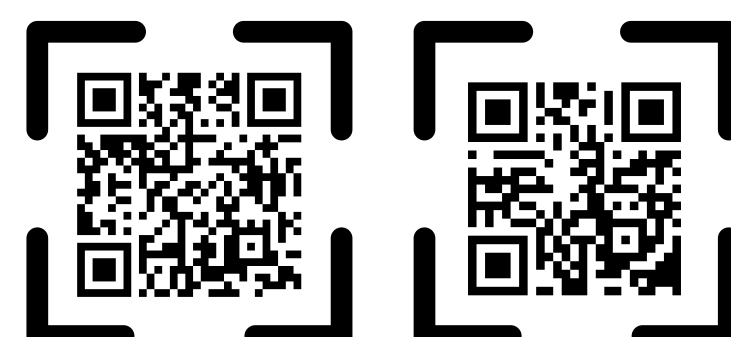
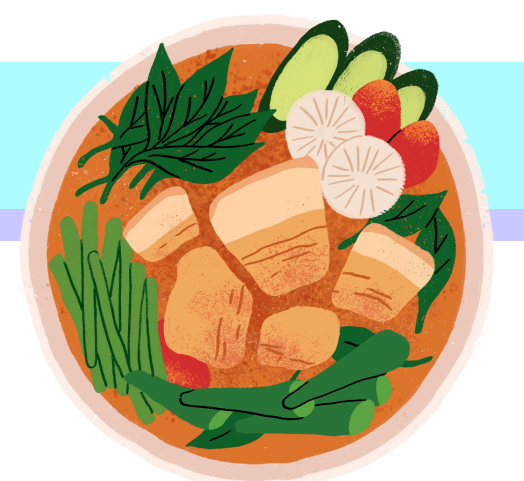


Eat Well

It's important to maintain a healthy weight to reduce your likelihood of complications and improve your recovery. 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. Visit: edinburghcommunityfood.org.uk

For more information on nutrition and eating well then please visit:
www.prehab.nhs.scot/



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Maintain a Healthy Weight

Being over or underweight may can impair your recovery by increasing your likelihood of complications. If you have a note of 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.

Visit: www.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.

Weight Management Programme

If you would like to seek specialist weight management support you can self-refer to NHS Lothian's weight management programme. For more information please visit:

<https://services.nhsllothian.scot/awmt2d/specialist-weight-management-support/>



Reduce

Alcohol intake: You should try to reduce your alcohol intake prior to surgery. 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.

If you would like to speak to someone about your alcohol intake contact 0131 337 8188 or visit **ELCA Counselling Service** at www.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.

Contact **Quit Your Way** for free on 0800 84 84 84 or chat to a stop smoking advisor online. Visit: www.nhsinform.scot



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: <https://services.nhsllothian.scot/wellbeinglothian/> for more information and resources to help you manage your mental health.

