

Prehab

Fit for Surgery / Ready to Recover / Time to Thrive

Prehabilitation (Prehab) helps you to prepare and train your body and mind before surgery to reduce complications and improve the quality of your recovery.



Prepare

Heightened anxiety or untreated depression can slow your rate of return to normal activities after surgery.

By taking steps to reduce anxiety and improving your quality of sleep, you can experience a much smoother journey through hospital, with less pain and a shorter hospital stay.



Reduce

Reduce alcohol – Max 14 units per week (equal to 6 pints of average strength beer or 10 small glasses of lower strength wine). More than 3 units per day impairs your immunity and affects the liver's ability to process medication and help blood to clot. This may cause you to bleed more and require a blood transfusion.

Stop smoking – smokers are at significantly increased risk of complications. Risks include blood clots, poor wound and bone healing, infection, slower recovery and longer hospital stay.



Eat well

Maintain a healthy weight and try to eat a healthy and nutritious diet in the weeks leading up to your surgery.

Being overweight (BMI >30) or underweight (BMI <20) can increase your risk of surgical complications, including pressure sores and nerve injury.



Health

See your GP or Specialist for optimisation if you have:

high blood pressure (target <160/100), **anaemia** (Hb <110), **diabetes** (target HbA1c <69mmol/mol), **symptomatic angina** (GTN >1 per week), **irregular heartbeat**, **sleep disorder**, **dental issues** or **increased breathlessness**.



Activity

Help train your body for surgery.

Daily aerobic exercise – 150 minutes moderate exercise per week (20-30 mins per day). E.g. brisk walk/ jog/ swim/ cycle where you are slightly short of breath.

Muscle strengthening exercises – twice per week. For example, gardening, housework, weights, resistance bands.



Breathe

Practicing deep breathing exercises before surgery reduces the risk of breathing complications and infection after surgery, allowing you to get home quicker and recover well.

5 x daily - Breathe in slowly > hold for 5 seconds > exhale.

2 x daily - Make an "O" shape with your mouth > breathe out fast and hard (as if blowing out a candle).

PREPARE Prehab resources can provide support for your emotional wellbeing, reduce anxieties around surgery and boost confidence. This can enhance the quality of your recovery and health in the long term.

Consider contacting your GP practice to access resources and make an appointment with trained staff to help support your wellbeing. Visit www.prepwell.co.uk for more information on preparing for surgery.



Scan the QR codes using the camera on your phone.

REDUCE Nicotine makes blood stickier, increasing risk of blood clots and reducing your circulation. By stopping smoking you can reduce the risk of any postoperative complications (including blood clots) by 60%. Contact Quit Your Way Scotland for free; 0800 84 84 84 or chat to a smoking cessation adviser online via www.nhsinform.scot

To speak to someone about your alcohol intake, contact 0131 337 8188 or visit ELCA Counselling Service at www.edinburghadp.co.uk

Visit www.shaap.org.uk for more advice and information.



EAT WELL The benefits of healthy eating and good nutrition include:

Better wound healing Feeling more energetic Shorter hospital stay
Healthier heart Lower risk of readmission Fewer infections after surgery.

Visit www.prehab.nhs.scot/prehab-and-me/diet-and-nutrition/ for more information.



HEALTH You should be in the best possible health before surgery.

Surgery may be postponed following pre-operative assessment if you have a new or long-term health condition which require optimisation.

Make changes now to avoid last minute postponement of surgery.

Visit www.nice.org.uk/guidance/NG45/ifp/chapter/Tests-before-surgery for more information.



ACTIVITY Having an operation increases the amount of oxygen your body needs to function and heal.

It is possible to train your body for surgery to make it easier for you to meet this need for extra oxygen and help your body cope with the stress of surgery.

This can reduce your length of stay, help you get moving faster, reduce post-operative pain and improve long term health conditions.

Visit www.keepingmewell.com/i-need-help-with/supporting-my-rehab/physical-recovery/strength-and-stamina/ or www.nhs.uk/live-well/exercise/ for more information.



BREATHE The best way to improve your breathing for surgery is to stop smoking and increase the amount of exercise you can do, to a level where you become slightly short of breath. This will improve how well your lungs work.

Practicing deep breathing exercises can also reduce stress and anxiety.

Visit www.services.nhslothian.scot/preparingforsurgery/western-general-hospital/recovery-wg/

