



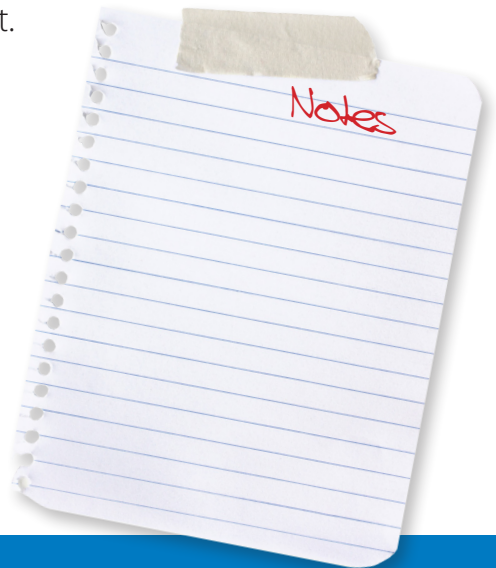
Top tips to
enhance your
recovery





Be a partner with us in your care

- This is **your** care and **your** treatment. It is really important that at every step you understand what is happening and that you feel part of every decision that is being made.
- During appointments ask questions, take notes and if possible bring someone with you to listen to advice or instructions.
- At any time if you are unsure about what is happening, **STOP!**
- Tell us so that we can put it right.



TOP TIPS TO ENHANCE YOUR RECOVERY

Tip 2

Be prepared

Prepare for your hospital stay before your admission:

- Make sure someone knows where you are going, when your stay is due to begin and how long you will be in hospital.
- Plan your journey to and from the hospital.
- Plan what you need for your stay including your clothes and any current medication.
- Prepare your home for your return.
- Let family and friends know when you expect to return home.



Tip 3

Practice makes perfect

- If you have been advised you will need to use special equipment, mobility aids or do exercises after your operation, practice these before your admission.
- It will make your recovery easier!



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Tip 4

Healthy habits

- Good nutrition, hydration and gentle exercise before your operation will help your recovery.
- Drinking alcohol and smoking can have a negative impact on your recovery time. Please try to reduce your alcohol intake before admission and stop smoking before and during your stay.
- During your stay, periods without food or water should be as short as possible.
- If this is ever longer than two hours, **STOP!** Ask if this is really necessary.



Tip 5

Do not let pain slow down your recovery

- Getting back to 'normal life' as soon as possible after an operation has been shown to help patients recover faster.
- That means we will be encouraging you to eat, drink, get dressed and move around fairly soon after your operation.
- If moving or walking is too painful for you, **STOP!**
- Pain after an operation should be controlled for you. Talk to your team so that they can manage your pain.
- You may wish to take the Steps Challenge (i.e. how many steps you can take every day). Ask your ward nurses for more details.



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Tip 6

Be confident to go home

- Many patients return home after an operation earlier than they might have expected. That is because in recent years medicine has made some important advancements in patient recovery. We know how to help you get better sooner!
- Work with your medical team, family and friends so that you are confident and ready to go home at the right time.



Leaving hospital

Before you go home make sure you have the following:

- ✓ Contact numbers of your medical team
- ✓ Future appointment details
- ✓ Any medication that you have been prescribed
- ✓ Details of any exercise or dietary advice that you may have been given

If you have not been given these things, **STOP!**

Do not leave without them!

