



My role & responsibilities in helping to improve my recovery



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Steps to a successful recovery start before my operation

Planning and actively participating in the steps to success before and after your operation can help you to:

- leave hospital sooner
- make you feel better, sooner
- return to normal living, sooner.

'I always thought my role before going into hospital before an operation was to give myself up to other people and to shut off my mind to what is happening to me...if I knew then what I know now, I would have taken more of a role in my recovery.' Nick, a patient

Healthy steps to improve my recovery before my operation

Food and drink

Eat well, high protein and high carbohydrate food and drink will help your body fuel itself to aid recovery and repair.

Sleep, rest and play

Staying physically active before your operation will help you get better, faster. Try to relax. Try not to worry and get together with family and friends.

Smoking and alcohol

If you do drink or smoke, use this as an opportunity to stop or cut down. This will help your recovery and reduce the risk of complications.

Set up plans for going home before you come into hospital.

You will not be in very long. This information might be useful to talk through with a friend, carer or family member to ensure that you have the practical support in place to support your recovery.

My to do list

- I know my date for going home
- I have told the right people where I will be
- I have arranged transport for getting me **there and back** – Claremont Private Hospital does not provide transport
- I have packed a small bag with the right things I will need
- I have remembered to take my medication with me – in the original boxes
- I have checked I have the right equipment and support at home – some of which I may have to buy.

Whilst in hospital I need to:

- take an active part in my recovery, follow the advice and instructions of my clinical team
- be positive about my recovery
- start to eat and drink, my body needs fuel to repair
- go easy, this is exercise to help with my recovery not to add more fatigue. I need to practice any exercises before **and** after my operation
- set myself a daily goal...little steps go a long way
- don't be afraid to ask questions and for information to be repeated if you do not understand. **If you are not sure say so.**

When I leave hospital

Recovery does not stop when I leave hospital. Think about what questions might you need to ask?

- when can I have a bath or shower?
- when will I be able to drive again?
- when should I go back to work?
- when am I able to resume intimate relations?
- what else do I need to know?

You can call the ward before you come in if you have any questions on **0114 263 0330**. If you are asked to attend a face-to-face pre-op assessment, take a list of questions with you.