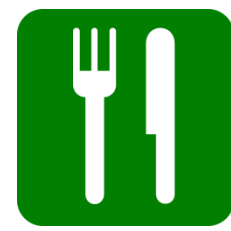
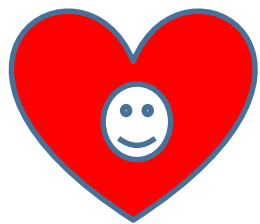




# Welcome to your Surgery School



# CONTENTS



**Chest Health** - This section will help give you the knowledge to avoid a chest infection, and improve your overall chest health in preparation for surgery.



**Health and Wellbeing** - This section will help you manage your physical and emotional health, and introduce you to our pre operative clinic and CPEX service.



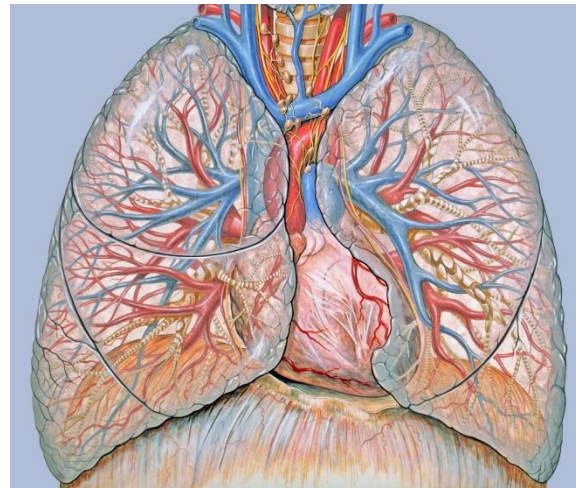
**Nutrition** - This section will give you dietary advice, to help prepare and optimise your body for surgery and help you recover and heal after your operation.



**Activity and Fitness** - This section provides you with information on how you can improve your fitness before and after your operation to help give your body the best possible recovery



# CHEST HEALTH



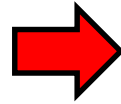


# DEEP BREATHING EXERCISES

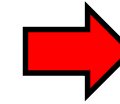


**Undergoing a general anaesthetic can cause the tiny air sacs within the lung to collapse. Deep breathing exercises both before and after surgery will help you to re-inflate these areas and prevent complications after your surgery**

**TRY TO  
PERFORM  
THESE  
EXERCISES 3-  
4 TIMES A  
DAY TO  
PREPARE  
YOURSELF  
FOR SURGERY**



**SIT UPRIGHT AS YOUR  
LUNGS EXPAND BETTER  
IN THIS POSITION**



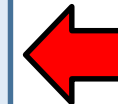
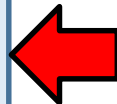
**PLACE  
YOUR  
HANDS ON  
YOUR  
TUMMY  
AND  
BREATHE IN  
DEEPLY  
THROUGH  
YOUR NOSE  
- PUSHING  
YOU  
TUMMY  
OUT AS  
YOU DO SO**

## **BREATHING EXERCISES**

**REPEAT THIS  
A MAXIMUM  
OF 5 TIMES  
AS MORE MAY  
MAKE YOU  
FEEL DIZZY  
OR LIGHT  
HEADED**



**TRY TO HOLD YOUR BREATH  
AT THE TOP FOR A COUNT OF  
3 SECONDS AND THEN  
SLOWLY BREATHE OUT  
THROUGH YOUR MOUTH**





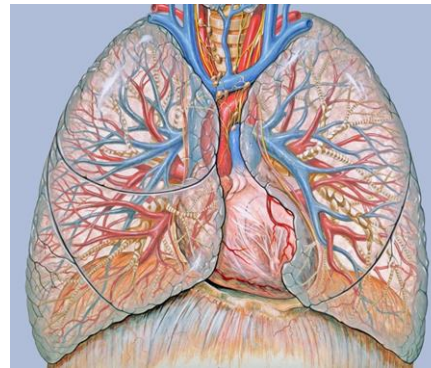
# ORAL HYGIENE

## Avoid a chest infection by keeping good oral hygiene

Brush your teeth or dentures twice a day

Flossing will also help remove bacteria from between the teeth

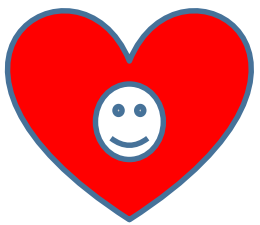
Using an antibacterial mouthwash at least once but ideally twice a day will help remove bacteria from the back of the throat which can travel to your lungs whilst on the operating table



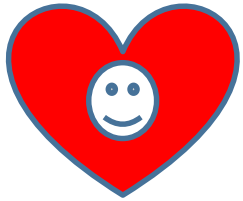
Brush with fluoride toothpaste for at least 2 minutes – morning and night

Consider seeing a hygienist if you feel you need further support improving your oral hygiene prior to your admission





# HEALTH AND WELLBEING



## PRE OPERATIVE ASSESSMENT UNIT

Before your surgery you will attend the pre operative assessment clinic. This is where we determine if you are physically fit enough for your surgery and anaesthetic. **WE AIM TO ENSURE THAT YOU ARE IN THE BEST POSSIBLE CONDITION FOR YOUR SURGERY** by managing any pre existing medical conditions. The appointment will last approximately two hours, and you will be seen by a pre operative nurse as well as an anaesthetist who will ask you about your general health, fitness, previous operations and illnesses and any medications you currently take.

## **THE PRE OPERATIVE ASSESSMENT CLINIC WILL INVOLVE**



- Blood pressure, pulse, temperature and respiratory rate measurements
- Recording your height and weight
- Blood tests
- A urine test (this is to test for infections which may be present and must be treated prior to surgery)
- Swabs for MRSA (a type of bacteria that can be present on the skin which is resistant to several widely used antibiotics, if your swab comes back positive don't worry you will be given the treatment to complete prior to your surgery)
- An ECG (electrocardiogram). This records the electrical activity of the heart, it will not cause any discomfort however you may be required to partially undress for this test
- A physical examination and assessment, you may need to partially undress and lie down on the examination couch, this is so the nurse can listen and assess your heart and lungs.

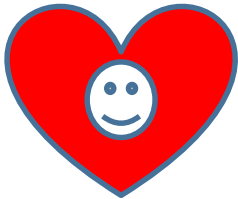
# CPEX TEST

The cardiopulmonary exercise test (CPEX test) is a non invasive method used to assess the performance of the heart and lungs at rest and during exercise. This test will be performed as part of your pre operative assessment and will be carried out by a Consultant Anaesthetist. During the CPEX test the patient will be required to perform mild exercise on an upright bicycle whilst breathing through a mouthpiece, therefore appropriate loose clothing should be worn. Each breath will be measured to assess how the body is performing, the capacity and strength of the lungs will be measured before and during exercise. The ECG (heart tracing) will also be recorded prior to, during and post exercise. As surgery is stressful to the body this test allows us to simulate stress and assess how the bodily organs deal with such stress.





## SMOKING CESSATION AND ALCOHOL ADVICE



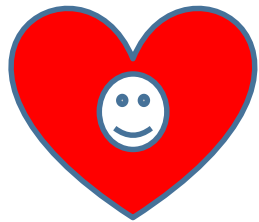
In order for you to be in the best possible health for your surgery we recommend that you ideally stop (or at least reduce) your alcohol and cigarette intake. Smoking significantly increases your risk of developing a chest infection and also slows down the healing process causing problems with your wounds. Alcohol can also suppress the immune system meaning a much higher risk of complications following surgery.

For smoking cessation advice or 'drop-in' clinic times please call Stop Smoking Services on:

Blackpool – 01253 951570

North Lancashire – 01524 845145

You must also limit the amount of alcohol you drink. Try not to exceed national recommendations which are currently 14 units per week. If you are worried about your alcohol intake or require advice and support with reducing your alcohol consumption please contact your GP or contact the hospital Alcohol Liaison Team – 01253 953943 prior to admission.



# Preparing for surgery

For some people coming into hospital can be stressful. This section provides you with the information you need to make you feel less anxious and more prepared.

## What to bring into hospital

**As there is limited storage space on the wards please bring essential items only. Your belongings should be able to fit into a small case or bag (no bigger than aeroplane hand luggage)**

### Essential Items

- Your regular medications in its original packaging
- Any booklets or letters that the clinical teams require including your ERAS diary
- Loose Day clothing
- Underwear
- Nightwear (for use at night!)
- Indoor sturdy footwear
- Dressing gown
- Toiletries
- Books magazines or tablets (to help keep you busy and pass the time)
- Chewing gum (this helps to stimulate the gut after surgery)

**If you have been asked to take any bowel prep before surgery (this will have been discussed at you pre op) it is important to take it as and when instructed, not doing so may result in cancellation of your surgery.**

## Thinking ahead



It is never too early to plan ahead regarding your discharge home. Ensure there is someone at home for the first few days following discharge. However, if this is not possible, ensure that you have thought about what your restrictions may be after your surgery. You won't be able to do any heavy lifting, including shopping, cleaning and standing for long periods, therefore having easy-to-cook foods available will make things easier for you. Make sure your cupboards and freezer are well stocked for your return home, that foods are within easy reach and consider leaving your heating on low in the winter months so you don't go home to a cold house.





## **Support at home**

As a trust we are unable to offer any convalescence (care) after your surgery if you were able to care for yourself prior to your admission. If you live alone and feel that you require support when you are at home with shopping/cleaning etc. there are options to you.

Age Concern Fylde and Wyre: 01253 955282  
Lancaster District: 01524 387832

Unfortunately this service isn't available for the Blackpool area however the British Red Cross provides a take home and settle service where it is possible to do a shop on the way home from hospital for fresh foods. This is available to all areas

Please contact 01253 953577

If you are a carer or provide support for others and are concerned about what to do after your discharge from hospital please make the staff aware when you come in for your pre op.

WARD STAFF INCLUDING ADVANCED  
NURSE PRACTITIONERS, SISTERS,  
STAFF NURSES, HEALTH CARE  
ASSISTANTS AND HOUSEKEEPERS

ACTUTE PAIN TEAM

ENHANCED RECOVERY NURSE  
SPECIALISTS

OCCUPATIONAL THERAPISTS

PHYSIOTHERAPISTS

COLORECTAL NURSE  
SPECIALISTS

ANAESTHETISTS

DIETITIANS

SURGEONS

CRITICAL CARE  
OUTREACH NURSES

PHARMACISTS



**DURING YOUR STAY IN HOSPITAL YOU WILL SEE MANY TEAMS ALL  
WORKING TOGETHER TO AID IN YOUR RECOVERY**

## Admissions process

To keep you as relaxed as possible we would like you to be at home for as long as possible prior to your surgery. Having a good nights sleep is more likely in your own bed, therefore we will aim to admit you on the day of your surgery.



To find surgical admissions from the main entrance turn left after M&S and take the lift up to the 2<sup>nd</sup> floor and turn left .

You then turn right into the waiting area and check in at the desk



The arrival times should be on your admissions letter. Admission times are usually 07:00 or 10:00 but you may not go into theatre until later that day. We will aim to give you an idea of when your surgery is expected and will continue to allow you to drink until 2 hours prior to going in. There can be a lot of waiting so bring something to read!!



# NUTRITION



# EATING WELL FOR SURGERY



Good nutrition is always important but it becomes even more vital before and after surgery. After surgery you will have wounds that will heal better if you have been eating a healthy balanced diet before surgery. Try to eat your recommended 5 portions of fruit and vegetables in the days/weeks leading up to your admission, and include some sort of protein into your meals (meat, chicken, fish, eggs, pulses) this will help with muscle strength.

Following your surgery we will give you supplement drinks to boost your vitamins, minerals and protein intake. These are all essential elements needed for wound healing and your post operative recovery. Try and eat a balanced and nutritious diet to prepare for surgery. You can do this by eating three meals a day with snacks if required, your meals should include:



PROTEIN



CARBOHYDRATE



FRUIT AND VEG



# PROTEIN

## Protein is essential for strength and repair of your body

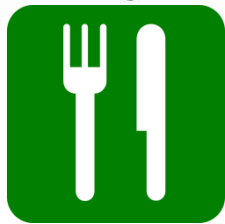
You should incorporate a protein source into each meal wherever possible both before and after surgery. For example meat, fish, chicken, eggs, milk, dairy, beans, lentils, pulses, soya, tofu and nuts.

Red meats are an excellent source of iron, however the recommendations are to limit the amounts consumed to 70g per day. It is also important to remember to avoid processed meats as they are preserved through smoking, curing, salting or by adding chemical preservatives. These would include ham, salami or bacon. They contain less protein too!!

You will be given a high protein diet and high protein drinks following your surgery to aid wound healing and to help with muscle strength. It will also give you the extra calories needed to recover from surgery.







# CARBOHYDRATE

Carbohydrate is the main energy source to prepare the body for surgery and give much needed energy to recover.

To prepare your body for the stress of surgery it is important to 'pre-load' yourself with the necessary energy – just as an athlete would prepare for a long distance event. You will be given two Pre load sachets to be taken the night before surgery (8pm) and the morning of surgery (6am). This will prevent the body from entering a fasted state, avoid dehydration and loss of important electrolytes following surgery.

It is important in the days after surgery to take a low fibre diet, starting with just soup and ice cream, then moving on to a light diet. Choose white bread, pasta or rice instead of brown, potatoes need to have their skins removed, and for low fibre cereals try rice crispies or cornflakes. Cereals such as branflakes, weetabix or muesli need to be avoided in the first few weeks following your surgery.

**NOTE – This diet is for the initial few weeks following surgery, you will be given a diet sheet after surgery to show how and when to incorporate more fibre into your diet**





## FRUIT AND VEG

Fruit and vegetables are a good source of vitamins and minerals which can help your body to defend itself and support your immune system. It is important to remember that some fruit and veg is very high in fibre. Following surgery you may find that your stools are looser, and you may get increased wind or bloating. For the first 6 weeks following surgery we advise a low fibre diet to avoid constipation.

When choosing fruit try tinned or stewed with the skin, pith or any seeds removed. Remove the skins, stalks or seeds of vegetables and avoid leafy green veg such as broccoli, cabbage, sprouts or lettuce.

If you are experiencing wind or bloating you may find limiting some fruit and vegetables helps with your symptoms.

For dietary advice regarding the fibre levels of foods go to:





**BY EATING AS WELL AS YOU CAN, YOU ARE GIVING YOUR BODY THE NUTRIENTS IT NEEDS TO REBUILD DAMAGED TISSUE, FIGHT INFECTION AND COPE WITH ANY SIDE EFFECTS OF YOUR SURGERY SUCH AS FEELING OR BEING SICK. PLEASE LET THE WARD STAFF KNOW IF YOU ARE FEELING SICK AS ANTI SICKNESS MEDICATIONS CAN BE GIVEN.**



# ACTIVITY AND FITNESS



## ACTIVITY AND FITNESS



“ Having surgery puts a lot of strain on your body. It is therefore important to get yourself in the best possible condition and do some more physical activity in preparation for surgery. Getting more active will improve your physical health and your psychological wellbeing. ”

## IMPROVING YOUR FITNESS BEFORE SURGERY



Moderate exercise before your operation will help strengthen your muscles and build up stamina which will benefit your recovery after surgery. This will allow you to mobilise earlier and reduce your risk of breathing problems such as chest infections which are common after major surgery. Depending upon your general fitness level and the effects of any treatment you may have already undergone, you may have a reduced ability.

You should choose an activity and an intensity that is appropriate for your current level of fitness. Ideally the exercise should increase your heartrate and make you slightly breathless. **You are advised to aim for 20-30 minutes of activity five times a week in the run up to your surgery.** Walking, cycling and climbing the stairs are all good ways of improving your fitness.

## BENEFITS OF ACTIVITY BEFORE AND AFTER SURGERY

### BEFORE

Strengthening muscles to aid mobility after surgery.

Increase lung volume to avoid chest infections after surgery.

Great for mental and emotional wellbeing. Preparing yourself for surgery and helping to cope after surgery.



Strengthening core muscles through walking, running or swimming can avoid wound complications after surgery.

Exercising is great for your overall health, increasing blood flow to your body systems so they can cope better after surgery.

Early mobilisation after surgery helps to minimise complications, helps get the bowel working and stops the wasting of muscle tissue.



Walking regularly helps you to take deep breathes, increases blood flow to your limbs and organs, and can stop blood clots occurring.

It can help you both mentally and physically and aid in your discharge home building your confidence levels, and help get your independence back.

Ensure the bowel starts working will help alleviate gas pain, nausea and vomiting post surgery.

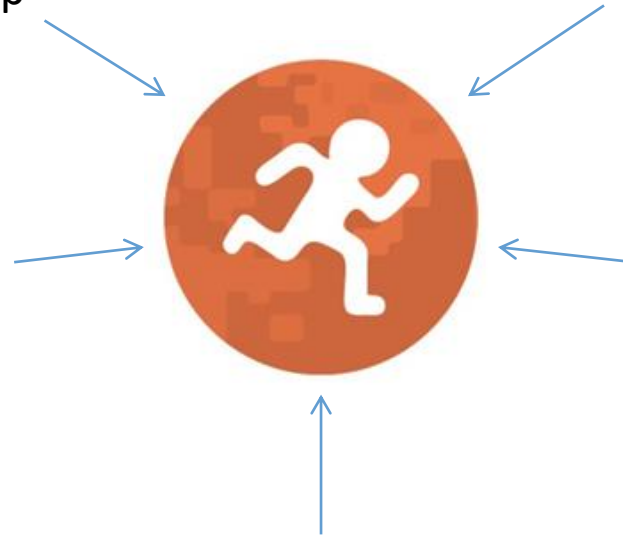
### AFTER

## Getting Out of bed after Surgery is one of the key elements of your recovery

It will help improve circulation which will help with wound healing

It will help reduce your risk of a chest infection by encouraging deep breathing

It can help decrease stress, anxiety and build confidence



It will help your bowel function to recover faster, improve your appetite and your overall strength

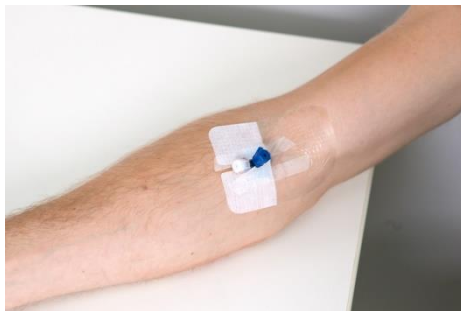
If you are stable and well enough the nursing staff will aim to get you out of bed 6 hours after surgery. It can be a scary prospect but as a team we will be there to guide you through it. In the following days you should aim to be out of bed for a minimum of 6 hours.

## PAIN RELIEF

It is important to get moving quickly after surgery and therefore good pain relief is crucial. It makes you feel better, helps you to recover more quickly, and may reduce the chance of complications occurring.

- If you can breathe deeply and cough easily after your operation, you are less likely to develop a chest infection
- If you can move around freely, you are less likely to develop a blood clot (venous thromboembolism or VTE) in the legs or elsewhere.

You will be given regular pain relief either in tablet or liquid form, via a fentanyl patch stuck to your arm or directly into a cannula in your arm or the back of your hand. It may be appropriate for you to have more than one form of pain relief. We have included some information on different methods which we use, your Anaesthetist will discuss which method of pain relief is more appropriate for you.



← Cannula

Fentanyl Patch →



## **A spinal anaesthetic**

Local anesthetic is injected through a needle placed between the bones in your lower back to numb the nerves from the waist down to the toes. The numbness usually lasts between three and four hours. A longer acting pain relief medicine may also be injected, which may last for 12 hours or more.

For more information about the side effects and complications of spinals, please see information on the website:

<https://www.rcoa.ac.uk/system/files/03-YourSpinalweb.pdf>



## Wound catheters

Local anesthetic is administered into your wound via one or more small plastic tubes. This should give a numb area around the wound site. The surgeon places the tubes during the operation, they are then connected to a pump that continuously delivers local anesthetic. Wound catheters can stay in for up to 48 hours after your operation. Some people need more pain relief than others, or respond differently to pain-relieving drugs. Please keep the nursing staff informed if your pain is preventing you from walking/deep breathing or sleeping. If your pain becomes problematic the acute pain service can be contacted by the nursing staff.

