



# information

Created by the Easy Read Group: Emma Dowdeswell, Nicholas Lambourne, Caroline Loveless, and Hazel Cheesman

Author: Easy Read Group & Katrina Glaister  
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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital

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Salisbury District Hospital, Salisbury, Wiltshire SP2 8BJ  
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## Getting ready for your operation



If your doctor tells you that you need an operation, there are things that you can do to help yourself stay well.

Always ask your GP, or the hospital doctor or nurse looking after you, if you have any questions.

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## Staying well before your operation



**Stop smoking.** If you can't, try to cut down for at least six weeks before your operation.



Look after yourself properly. **Eat a healthy diet** with plenty of fruit and vegetables. Cut down on fatty and sugary food like biscuits and pies.



**Drink plenty of fluid** such as tea, coffee, squash or juice. Water is good for you. Try to drink 6 to 8 glasses or cups of fluid every day.



**Keep fit.** If you can, go to the gym or go swimming regularly.

**Too much alcohol is bad for you.** Do not drink any alcohol for six weeks before your operation.



Your doctor will write a **letter** to you about your operation. **Read this very carefully.** Ask for help if you don't understand anything.



A doctor will explain what is planned. **Always ask if you have any questions.** Your operation will only go ahead once you have agreed to it, and had all the information you need.

## Staying well after your operation



It might hurt after your operation. The nurses will give you painkillers. **Tell your nurse if you have any pain.**

**You need to keep active** to keep your blood flowing properly. Ask to see a copy of the DVD about blood clots which tells you more about this. You should get out of bed and walk around as soon as possible after your operation.



While you are in bed **wiggle your feet** up and down and side to side. **Take deep breaths** now and again.



To help your blood, the nurses might give you a small injection into your tummy or leg every day.

Some people need this injection after they go home. The nurses will show you how to give yourself the injection if you want. If you don't want to do this, a family member, carer or supporter could do this for you.



If you are given medicines to take home after your operation the nurses will tell you about them and when you should take them. If you are given **antibiotics**, it is very important that you **finish them all** even if you feel better before then.