

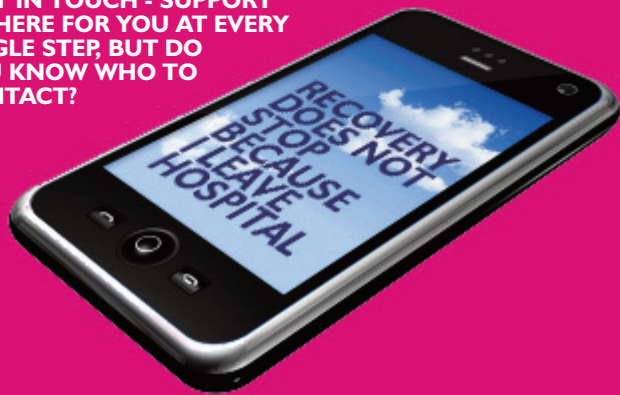
# HEALTHY STEPS TO IMPROVE MY RECOVERY WHEN I LEAVE HOSPITAL

RECOVERY DOES NOT STOP BECAUSE I LEAVE HOSPITAL

## QUESTIONS YOU MAY WANT TO ASK?

- WHEN CAN I HAVE A SHOWER OR BATH?
- 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 YOU NEED TO KNOW?

STAY IN TOUCH - SUPPORT IS THERE FOR YOU AT EVERY SINGLE STEP, BUT DO YOU KNOW WHO TO CONTACT?



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# THERE IS ALWAYS SOMEONE TO CONTACT AND FURTHER INFORMATION AVAILABLE

Add your useful contacts and information here

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*It might be useful to keep a diary or log so you can track your daily feelings and goals to help you on the road to recovery*

*How am I feeling?*



*What are my goals?*

*How much am I eating and drinking?*

*How active have I been?*

*How much sleep and rest have I had?*

*What am I proud of achieving?*

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# FOR FURTHER INFORMATION

PLEASE VISIT

## NHS Choices – Your health, Your choices

Information from the National Health Service on conditions, treatments, local services and healthy living.

[www.nhs.uk](http://www.nhs.uk)



## The Enhanced Recovery Partnership

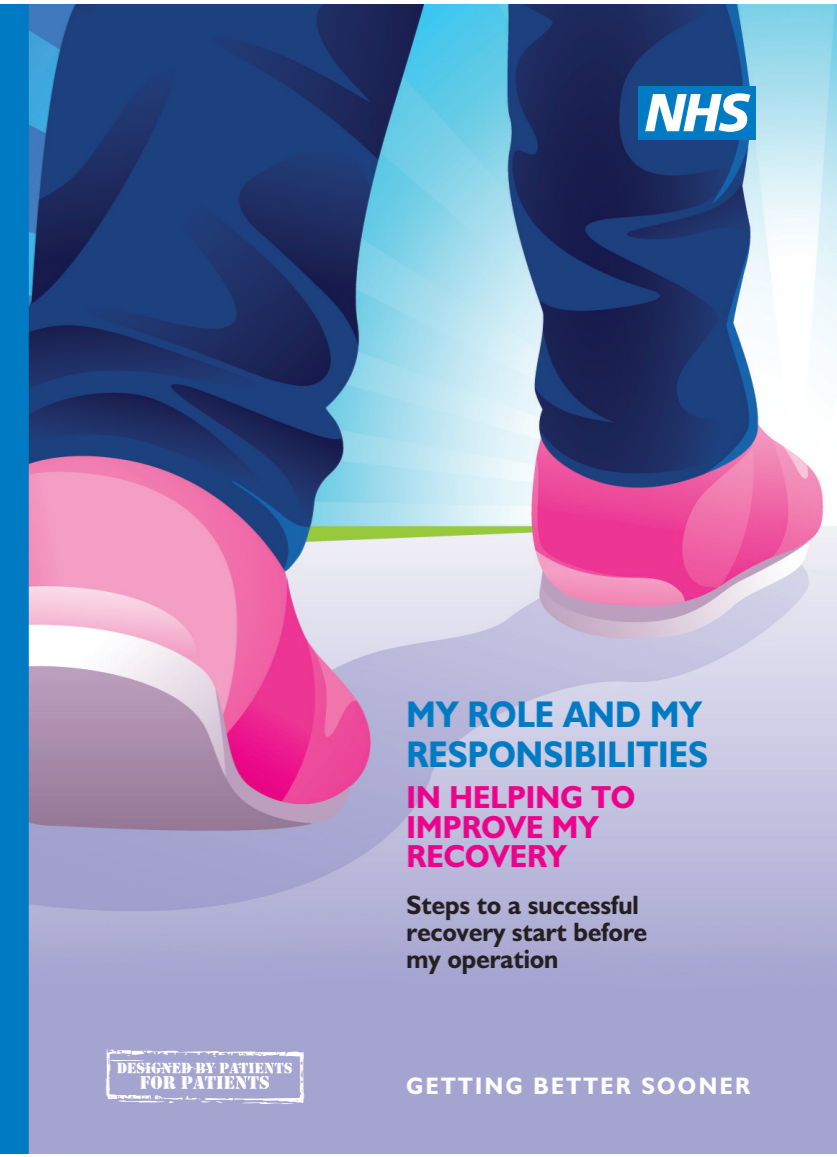
[www.improvement.nhs.uk/enhancedrecovery](http://www.improvement.nhs.uk/enhancedrecovery)



DESIGNED BY PATIENTS FOR PATIENTS

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## MY ROLE AND MY RESPONSIBILITIES

### IN HELPING TO IMPROVE MY RECOVERY

Steps to a successful recovery start before my operation

DESIGNED BY PATIENTS FOR PATIENTS

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## WHAT THIS MEANS FOR ME

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

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## MY ROLE IN MY ENHANCED RECOVERY...

“I didn’t know I had a role” says Nick (patient)

“I had 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 what I know now, I would have taken more of a role in my recovery.”

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## HEALTHY STEPS TO IMPROVE MY RECOVERY BEFORE MY OPERATION

### FOOD & DRINK

Eat well, your body needs fuel to repair.

### SLEEP, REST & 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 & 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.

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## PRACTICAL STEPS TO SUPPORT MY RECOVERY

Set up your plans for going home before you come into hospital. The time you will be in hospital is not 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 REMEMBERED TO TAKE MY MEDICATION WITH ME
- I HAVE TOLD THE RIGHT PEOPLE WHERE I WILL BE
- I HAVE CHECKED I HAVE THE RIGHT EQUIPMENT AND SUPPORT AT HOME
- I HAVE ARRANGED MY TRANSPORT FOR GETTING THERE AND BACK
- I HAVE PACKED A SMALL BAG WITH THE RIGHT STUFF (e.g. CLOTHES, READING MATERIAL)
- WHAT ELSE DO I NEED TO ASK?

**DON'T BE AFRAID, IF NOT SURE, ASK!**

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## HEALTHY STEPS TO IMPROVE MY RECOVERY WHILST STILL 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 (don't be surprised to find a cup of tea and a snack box available in the recovery room straight after your operation)
- Go easy, this is exercise to help with my recovery not to add more fatigue. I need to keep practicing moving my arms, legs, doing my exercises, walking, 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 ARE NOT SURE... SAY SO**

### EXAMPLE OF GOALS YOU MIGHT SET

#### MY GOALS

DAY OF SURGERY	DAY ONE	DAY TWO
• SIT OUT	• SIT OUT	• WALK
• DRINK	• WALK	• SHOWER
• EAT	• EAT	• DRESS

**BUT REMEMBER, WE ARE ALL INDIVIDUALS, DON'T WORRY IF YOU DON'T REACH YOUR GOAL EVERY DAY... A FEW STEPS ALSO MAKE A DIFFERENCE**

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