



NHS

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**

GETTING BETTER SOONER

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

- | | |
|--|--|
| <input type="checkbox"/> I KNOW MY DATE FOR GOING HOME | <input type="checkbox"/> I HAVE REMEMBERED TO TAKE MY MEDICATION WITH ME |
| <input type="checkbox"/> I HAVE TOLD THE RIGHT PEOPLE WHERE I WILL BE | <input type="checkbox"/> I HAVE CHECKED I HAVE THE RIGHT EQUIPMENT AND SUPPORT AT HOME |
| <input type="checkbox"/> I HAVE ARRANGED MY TRANSPORT FOR GETTING THERE AND BACK | <input type="checkbox"/> WHAT ELSE DO I NEED TO ASK? |
| <input type="checkbox"/> I HAVE PACKED A SMALL BAG WITH THE RIGHT STUFF (e.g. CLOTHES, READING MATERIAL) | |

**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

DONT 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

- SIT OUT
- DRINK
- EAT

DAY ONE

- SIT OUT
- WALK
- EAT

DAY TWO

- WALK
- SHOWER
- 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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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



The Enhanced Recovery Partnership

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



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