

# Getting ready for your operation

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## Information for patients

If you are fit and healthy before your operation, you will get better quicker. Any exercise is good, including chair exercises and walking.

If you smoke, drink alcohol, or take illegal drugs - STOP. Or try to cut back before your operation.

Eat healthy foods.

Before you come to hospital, speak to your GP.

- If you have any health problems, such as asthma or diabetes.
- If you are worried about surgery.

When you return home, you may not be able to move around for a few days or weeks. Before you come to hospital, make sure you have enough food and medicine at home.

## Text only

Before you come to hospital, arrange for someone to take you home after your operation. Tell staff if this is not possible.

Ask the person to stay with you for the first night.

Before you come to hospital, have a bath or shower.

Do bring to hospital

- Your Healthcare Passport (if you have one)
- Your appointment letter
- Any glasses and dentures, and a storage box for both
- Your hearing aid and a spare battery
- Your medicine
- Something to do while you wait, such as a phone or book
- Toothbrush, toothpaste and soap
- A dressing gown and slippers
- Walking aids if you use them, such as a walking stick or Zimmer frame
- A member of your family, a friend or carer, to keep you company.

Do not bring to hospital

- Any jewellery or watches
- Lots of money, but remember you might need some money for parking

Do not wear

- Moisturising cream
- Nail varnish or make-up

If you have any questions, please call the number on your appointment letter or speak to your GP.

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Our Patient Advice and Liaison Service (PALS) can help you.

You can ask a question or tell them if you are unhappy about something.

Phone: 01227 78 31 45 The team can phone you back.

Email: [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

Post: Patient Advice and Liaison Service (PALS)  
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Created together with people with a communication need, the  
experts by experience