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# Prehabilitation and Surgery



GIG  
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Bwrdd Iechyd Prifysgol  
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University Health Board

## What is prehabilitation?

• A group of interventions that are introduced before you have your surgery which are aimed at making your surgery safer with fewer complications and a faster recovery.

### Examples:

- Controlling high **blood pressure**.
- Treating **anaemia**.
- Optimising **chronic diseases**.
- Stopping **smoking**.
- Reducing **alcohol intake**.
- **Exercise**.

### Controlling high blood pressure:

- People with poorly controlled blood pressure are more likely to suffer complications such as strokes and heart attacks around the time of their surgery.
- It is important that we ensure that your blood pressure is appropriately controlled at the time of your operation.

### Treating anaemia:

- People with anaemia at the time of surgery are more likely to require a blood transfusion and are more likely to have postoperative complications, a delayed recovery and a longer stay in hospital.
- Anaemia can be treated by a course of iron tablets or intravenous iron.

## Optimising chronic diseases:

- Optimisation of chronic diseases, such as diabetes, asthma and chronic lung diseases, is important prior to surgery.
- Optimal control of these conditions can reduce the chances of postoperative complications and reduce the length of your hospital stay.

### Stopping smoking:

- Smokers are more likely to experience heart problems, breathing issues and delayed wound healing after surgery.
- Stopping smoking before your operation will not only reduce these risks but if you continue to stop smoking then it will have health benefits in years to come.

### Reducing alcohol intake:

- Excessive alcohol intake can affect the liver, heart and immune system and may result in complications after surgery.
- A reduction in your alcohol intake can reduce the chance of experiencing these complications.

### Exercise:

- Exercise is a medicine.
- Fitter patients recover faster and are less likely to experience complications after surgery.

**For help or advice on any of these topics please consult your Anaesthetist or pre-operative assessment nurse.**