











# Take an active role in your health and surgical recovery.

10 easy steps to help you feel prepared and reassured for surgery.

It's normal to be anxious before surgery. But your health is important.

Before your surgery	1	<b>Ask questions</b>	Don't be afraid to ask questions about COVID-19 or your surgery.	
	2	<b>Share your medical history</b>	Before surgery, your providers will speak to you, possibly via phone or video conference.	
	3	<b>Stop smoking</b>	People who smoke are more likely to develop infections and complications related to surgery.	
	4	<b>Be healthy</b>	Regular exercise and healthy diet before surgery may help your recovery.	
	5	<b>Don't remove hair</b>	Do not shave, wax, epilate or use hair removal creams around your surgical area before surgery.	
At time of surgery	6	<b>Bathe on the day</b>	Shower or bathe using plain or antiseptic soap on the night before and/or on the day of surgery.	
	7	<b>Keep warm</b>	Patients that are kept warm before, during and after surgery have better outcomes than patients who are cold.	
	8	<b>Clean your hands</b>	Wash your hands to help stop the spread of germs that may cause infections.	
After your surgery	9	<b>Care for your wound</b>	Your team should provide specific instructions on how to care for your surgical wound.	
	10	<b>Be kind</b>	Everyday activities may feel overwhelming but taking care of your mental wellbeing and resilience is important to your healing.	

To download a more detailed copy of the top tips for preparing for surgery, simply scan the QR code or visit [www.3m.co.uk/patients](http://www.3m.co.uk/patients)

