# READY SET SURGERY

## My Surgery Journey

**Please bring this Green Book with you to all appointments with your Surgeon, Anaesthetist, GP, Physiotherapist, or Dietitian**



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Ref No. WSP-844. Date of Approval: September 2025.
Consumer Participation National Standards Endorsed.

CONSUMER & HEALTH LITERACY HUB
APPROVED

# Chapters


## 1 Prehabilitation

- Exercise
- Nutrition
- Frailty Management
- Smoking and Alcohol
- Wellbeing
- Infection
- Preventing Confusion (Delirium)

## 2 Pre-Surgery

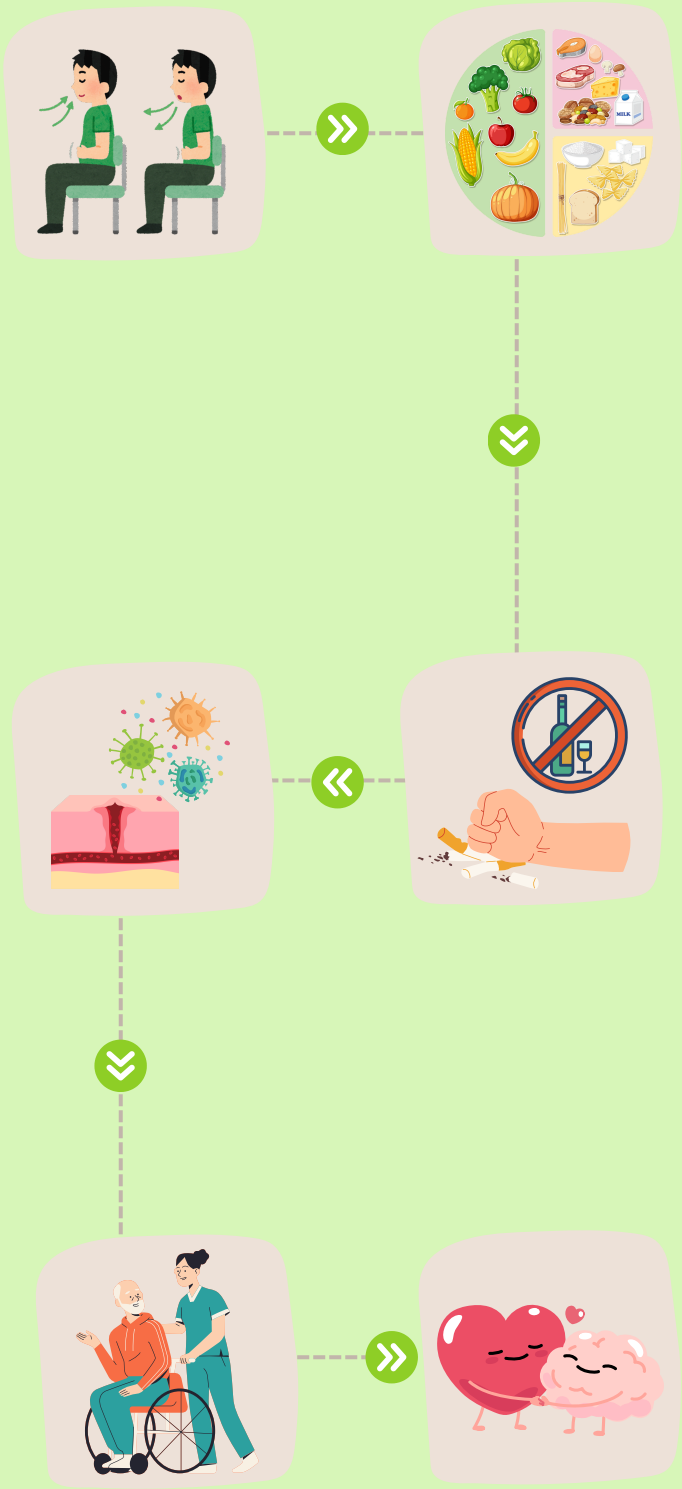
- Pre-Surgery Instructions
- About The Hospital
- Sip Til Send
- Pre-Admission Clinic
  - Medication Instructions
  - Fasting Instructions

## 3 Post-Surgery

- Nausea and Bowel Changes
- Pain after Surgery
- Supports for your stay

## 4 Discharge

- Going Home

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# Let's Talk about Prehab

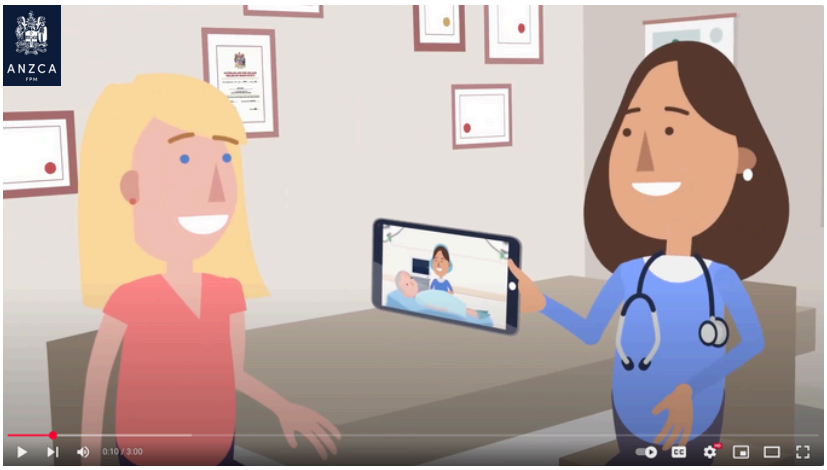
## Welcome!

You have this book as your doctor has referred you for an elective surgery. Elective surgery is when your surgery is planned in advance.

Surgery places stress on your body. If you are as healthy as you can be, you are less likely to have complications from surgery.

What is Prehab? Prehab is short for "Prehabilitation", which is a process of improving your health and wellbeing before surgery.

This book is here to help you get ready for your surgery by making healthy lifestyle changes. Before surgery, you can improve your health in simple ways, like eating well, exercising more, stop smoking, and cutting back on alcohol. Making these lifestyle changes can help lower the chances of medical problems during and after your surgery. We want to help you get well faster, and feel better about your surgery and hospital stay.




Scan the QR code to watch this video about preparing for anaesthesia and surgery.
This video was made by the Australian and New Zealand College of Aneasthetist.

We made this book to guide you on how to improve your health in the weeks before surgery. So you can feel stronger and more confident going into it.

Please bring this green book with you to all appointments with your Surgeon, Anaesthetist, GP, Physiotherapist, or Dietitian.

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# Breathing Exercise

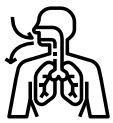
## Pre-Surgery Prescription: Movement

Exercising before surgery is important because it helps your body get stronger and healthier. By exercising regularly, your heart, muscles, and lungs work better. This will help you recover and heal well after surgery. It's like preparing your body for a big job so it can do its best!



### Walking

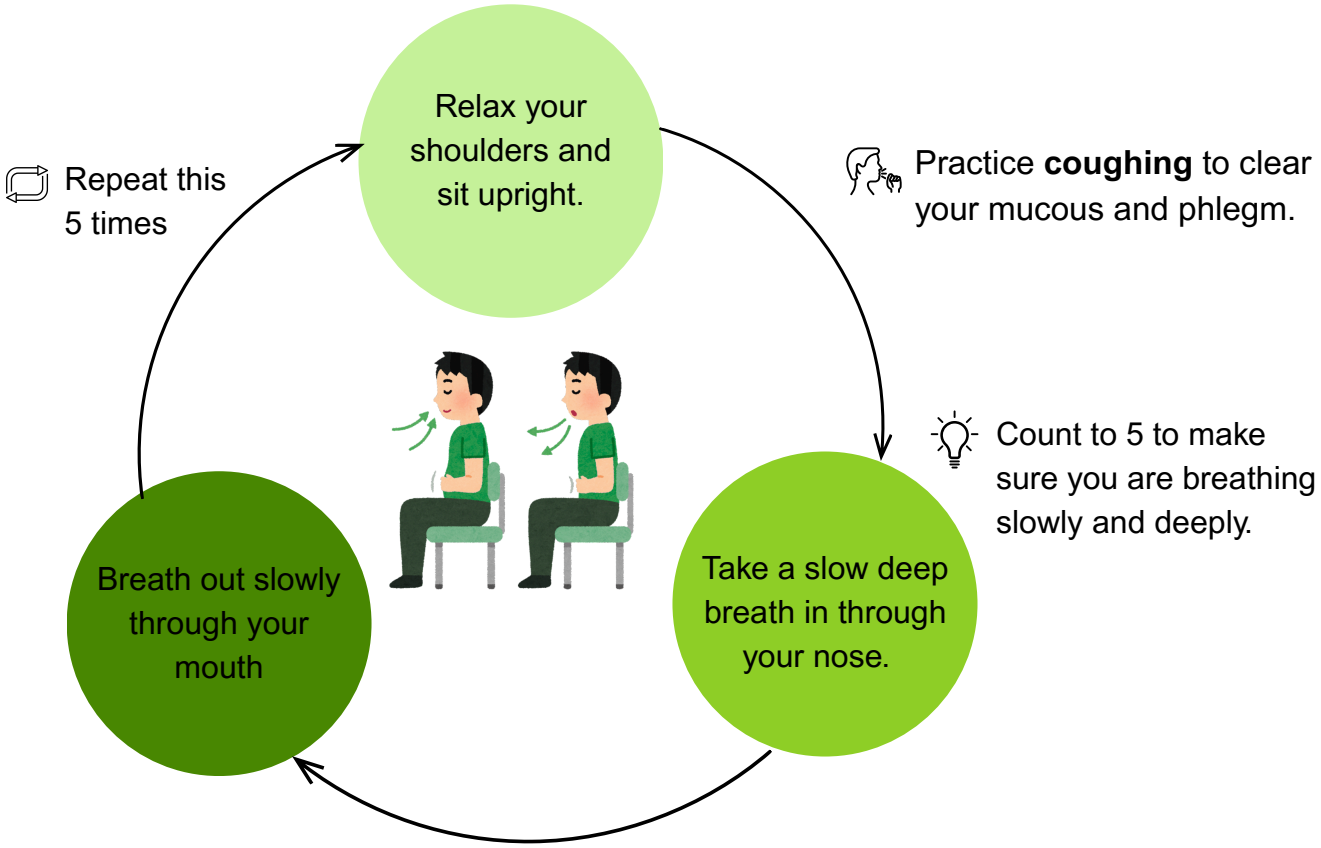
Walking makes you breath harder and gets your heart rate up. If you are able to walk, we recommend walking at least 30 minutes a day. This can be one continuous walk or broken up into a few shorter walking sessions.



### Breathing Exercises

Chest infections are common after surgery. Deep breathing will allow more air to enter all areas of your lungs and lower your risk of getting chest infections. You can practice deep breathing exercises at home and in hospital.

## How to do Deep Breathing Exercises




Before surgery, you can do a set of deep breathing exercises 3 times a day at home.
After surgery, you can do a set of deep breathing exercises every hour.

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# Exercise

### Chair-Based Exercises

Not everyone is able to walk outside. There are other simple exercises you can do on a chair to strengthen your muscles. Scan the QR code or Youtube Search: 10 Minute Chair-Based Workout for Pre-op Patients.

### Low-Impact Exercises

For people who are older or have joint pain, there are low-impact exercises you can do at home. Scan the QR Code or Youtube Search: 10 Minute Low Impact Workout for Pre-op Patients.

### Before Surgery Activity Log

Use this weekly activity log before your surgery. Tick the boxes as you go.

| | | | |
|---|---|---|---|
| **Day 1** | ☐ **Walk** ( ____ mins/steps) | ☐ **Sit-to-stand** ( ___ reps) | ☐ **Deep Breathing** ( ___ mins) |
| **Day 2** | ☐ **Walk** ( ____ mins/steps) | ☐ **Sit-to-stand** ( ___ reps) | ☐ **Deep Breathing** ( ___ mins) |
| **Day 3** | ☐ **Walk** ( ____ mins/steps) | ☐ **Sit-to-stand** ( ___ reps) | ☐ **Deep Breathing** ( ___ mins) |
| **Day 4** | ☐ **Walk** ( ____ mins/steps) | ☐ **Sit-to-stand** ( ___ reps) | ☐ **Deep Breathing** ( ___ mins) |
| **Day 5** | ☐ **Walk** ( ____ mins/steps) | ☐ **Sit-to-stand** ( ___ reps) | ☐ **Deep Breathing** ( ___ mins) |
| **Day 6** | ☐ **Walk** ( ____ mins/steps) | ☐ **Sit-to-stand** ( ___ reps) | ☐ **Deep Breathing** ( ___ mins) |
| **Day 7** | ☐ **Walk** ( ____ mins/steps) | ☐ **Sit-to-stand** ( ___ reps) | ☐ **Deep Breathing** ( ___ mins) |

Visit **gethealthynsw.com.au** to sign up for free online health and exercise coaching.

You may need more help if you have an injury or special exercise needs. See your GP for a referral to a physiotherapist or exercise physiologist.

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# Nutrition

Nutrition is not about eating less or more, it is about eating the right types of food.

## Benefits of good nutrition before surgery

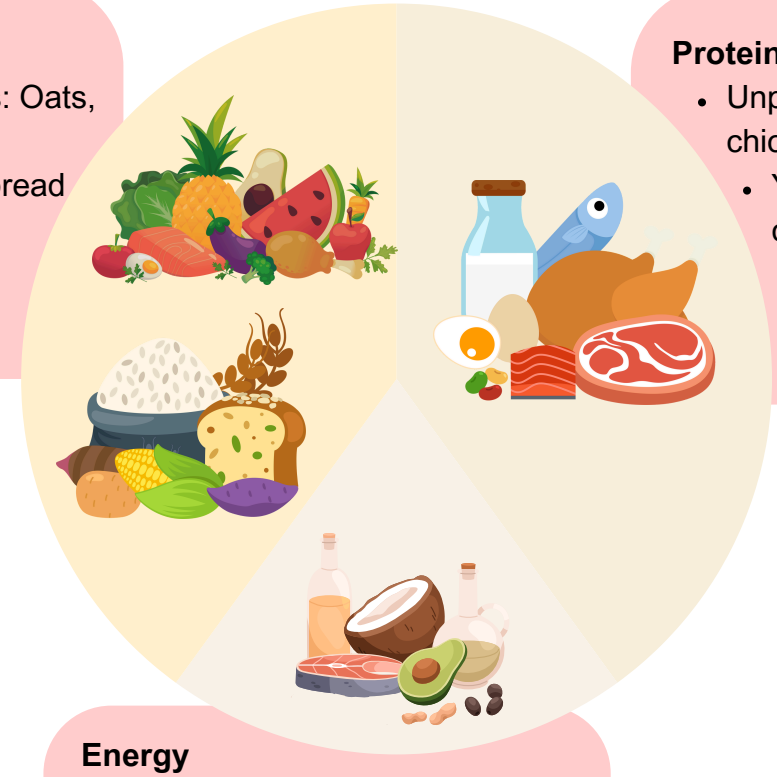
- Better wound healing
- Improve your blood count
- Lower risk of breathing problems
- Improve strength, movement and recovery
- Lower risk of infections
- Shorter hospital stay

## How to improve your nutrition before surgery

1) Eat a variety of foods daily that have carbohydrates, protein and energy.

**Carbohydrates**

- Whole grains: Oats, Brown rice, Wholemeal bread and pastas
- Vegetables
- Fruit



**Protein**

- Unprocessed meat, chicken, fish
- Yogurt, milk, low fat cheese
- Beans and lentils
- Eggs
- Tofu

**Energy**

- Nuts and seeds
- Olive oil, plant oils for cooking

2) Limit food and drink high in sugar and alcohol.
3) Eat regular meals and make water your main drink.
4) Being overweight or underweight is not ideal when having surgery. This is because your body needs strength and energy to recover.
5) Speak with your GP for advice or for a referral to a Dietitian.
6) Sign up with the **Get Healthy Service** for free phone or online health coaching.

Visit **gethealthynsw.com.au** to sign up for the **Get Healthy Service**.

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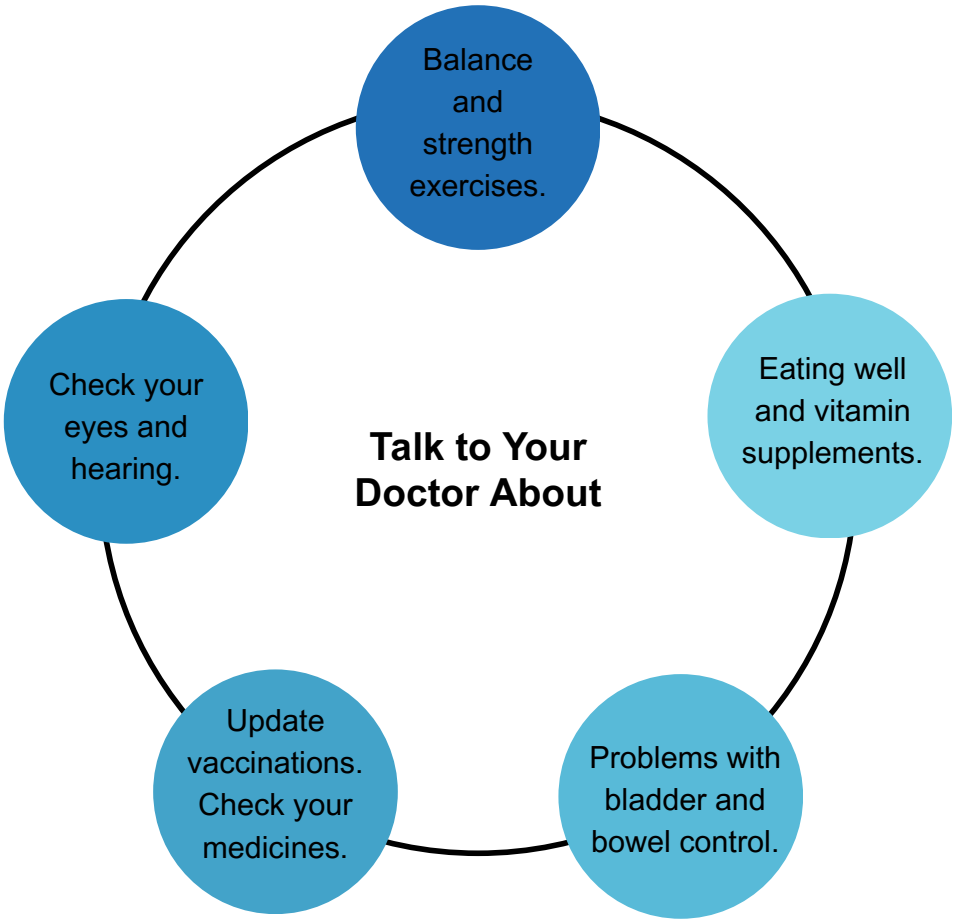
# Frailty Management

Frailty is when your body is weaker and less able to bounce back from sickness, injury or surgery. It's not just because you are getting older. It happens because of many things like not eating well, not moving enough, or having long-term sickness. Knowing you are frail helps your doctor take better care of you and plan for your surgery.

## People living with frailty may experience

- Feeling slower
- Weakness and muscle loss
- Feeling tired
- Needing help with daily tasks
- Weight loss without trying
- Taking a long time to recover from illness

## Managing frailty early can reduce complications from surgery




Talk to your doctor about these areas of your health and any concerns you have about your medical conditions. Please read the **Ageing Well** resource for more advice on treatment and support for living with frailty.

Call my aged care at 1800 200 422 or visit www.myagedcare.gov.au/ if you need short or long term-help to continue living well at home.

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# Smoking and Alcohol

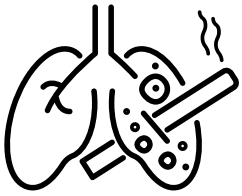
**Smoking** or vaping can raise your chance of complications after surgery such as chest infection and breathing problems. We urge people to quit as early as possible before surgery, but it is never too late to quit. Every day helps.

### Benefits of stopping smoking before surgery

- Better wound healing
  Lower risk of infections
- Lower risk of blood clots
- Lower risk of needing intensive care
- Better oxygen supply to your body.
- Lower risk of needing repeat surgery
- Better pain control

For more information and support to cut down and quit smoking

- Speak to your GP
- Visit www.icanquit.com.au
- Download the 'My QuitBuddy' app on your phone
- Call Quitline for 24/7 support and advice to quit smoking



English Quitline: 13 78 48
Arabic Quitline: 1300 7848 03
Cantonese and Mandarin Quitline: 1300 7848 36
Vietnamese Quitline: 1300 7848 65

**Alcohol** affects the way your body reacts to surgery and anaesthesia. Your wound may not heal well and there is a higher chance of infection. You will not be able to drink alcohol during your hospital stay. If you drink daily, stopping suddenly can make you feel unwell.

### Benefits of stopping alcohol before surgery

- Better wound healing
  Lower risk of infections
- Lower risk of bleeding
- Lower risk of needing intensive care
- Faster recovery from surgery
- Lower risk of needing blood transfusions
- Better pain control

How to cut down on alcohol



- Begin by cutting down the number of glasses a day.
- Sip slowly. Alternate alcohol drinks with water.
- Switch to light beer or low alcohol wine.
- See your GP for advice on how to reduce alcohol intake.
- Call NSW Alcohol & Drug Information Service (ADIS) at 1800 250 015 for 24/7 support.

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# Wellbeing

Getting ready for surgery may cause stress. You may worry about what to expect, or how to cope if you are unwell. You may be coming to terms with a new or worsening medical condition that is changing your life. As our mind and body is connected, we urge you to care for your wellbeing for a better hospital experience.



## Benefits of improving your wellbeing before surgery

- Reduce severity of pain after surgery
- Improve sleep
- Better hospital experience
- Shorter hospital stay
- Better recovery after surgery
- Improve energy levels

## Ways to improve your wellbeing

- Connect with your family, friends and community.
- Make time for your hobbies and be kind to yourself.
- Meditate and acknowledge your feelings.
- Exercise regularly. Spend time outdoors.
- Focus on things you can control.
- Eat healthy, nutritious foods.
- Have a regular sleep routine.
- Knowledge is power. Talk to your doctor about your surgery.
- Talk to work about taking time off for your health.

## If you need more help please reach out to

- Your GP to discuss a Mental Health Plan
- A Psychologist or Psychiatrist that you regularly see
- Continue taking any mental health medications unless your doctor tells you not to.

## You may also reach out to these free telephone services

- Beyond Blue 1300 224 636 for mental health support
- Lifeline 13 11 14 for crisis support
- Griefline 1300 845 745 for grief and loss support
- Mental Health Line 1800 011 511 is available 24/7 to be linked with services
- Transcultural Mental Health Line 1800 648 911
- 13 Yarn for Aboriginal and Torres Strait Islander Support at 13 92 76

Download a phone app such as **Calm** or **Smiling Mind** to help your mood.

Visit **www.lifeline.org.au, www.griefline.org.au, www.13yarn.org.au** for support resources.

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# Infection

## What is MRSA?

Natural bacteria live on our skin and in our nose without making us sick. “Methicillin-Resistant Staphylococus Aureus” (MRSA) is a bacteria that is resistant to antibiotics. It spreads between people by touch.



**Is MRSA harmful?**

Many people with MRSA live normal lives. But if it enters a cut or wound on your skin, it can make you sick with an infection.

**Why should I be tested for MRSA before surgery?**

If you test positive we can give you treatment to clear it from your skin before your surgery.

### Benefits of reducing MRSA on your skin before surgery

- Lower risk of infections from surgery.
- Reduce spread of bacteria to unwell people.
- Save the environment by using less gloves and gowns.

## The Bug Off ! Journey

If you previously tested positive for MRSA, we will send you a form to get tested before surgery. This is to check whether you still have MRSA on your skin.

**Test**



Swabs will be taken from your skin and nose to test for MRSA

**Treat**



5 days of prescription body wash and nose ointment

**Test**



Repeat test to check if MRSA is cleared from your skin

### How to prevent MRSA from giving you or your family an infection?

- Wash hands often with soap and water.
- Do not share personal items like towels or razors.
- Cover any cuts or wounds with clean bandages.

If you have questions, please ask your healthcare provider during your pre-admissions clinic visit.

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# Preventing Confusion (Delirium) After Surgery

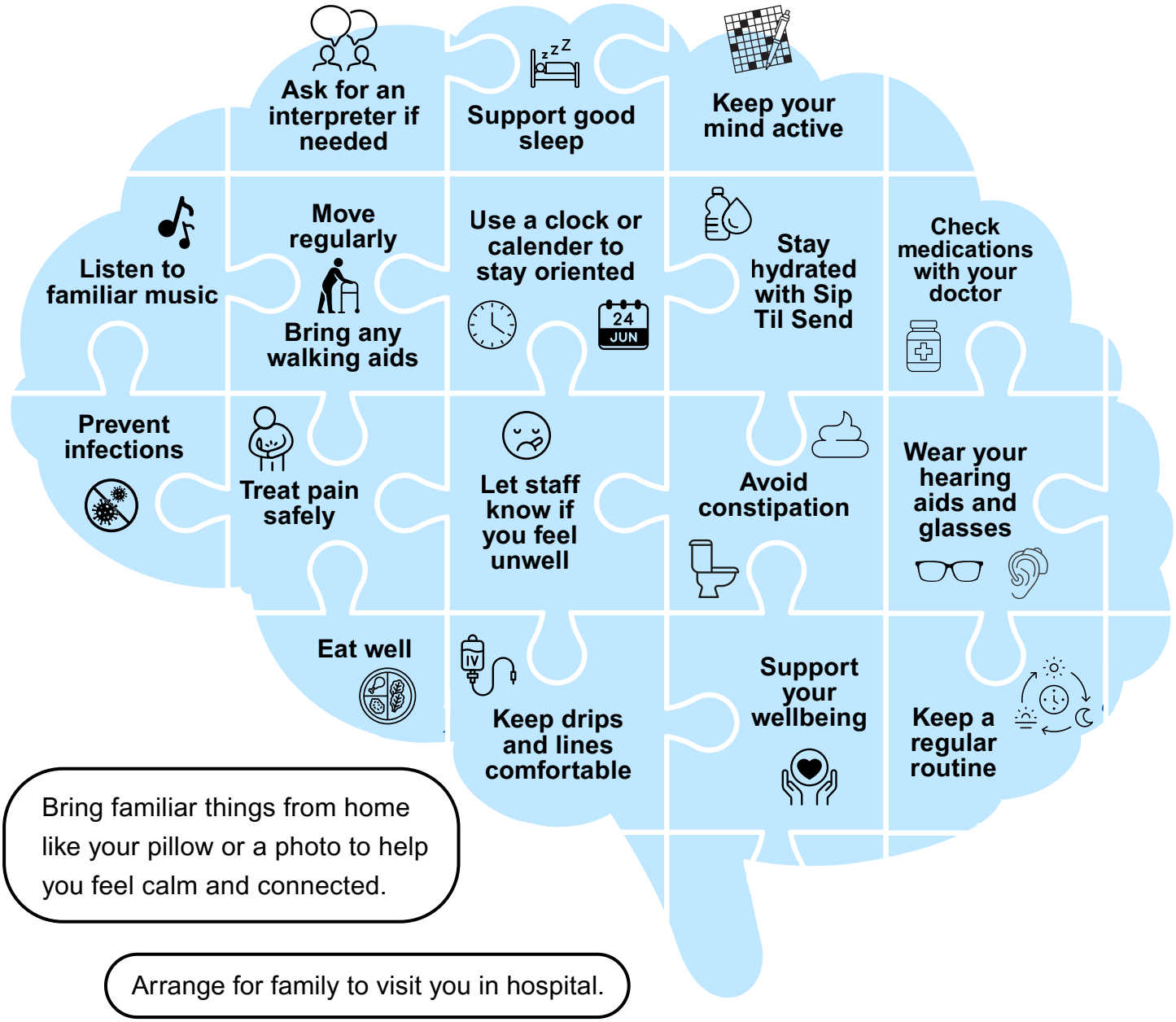
## Delirium

This page brings together all the *Ready Set Surgery* steps — nutrition, movement, sleep, and more, to help protect your brain from delirium. Delirium is a sudden change in thinking or behaviour. You may feel confused, forget things or where you are. It is common after surgery in people who are older, sick, have memory problems or delirium in the past.

Delirium often improves after we take care of the causes. But if not treated early, it can slow your recovery after surgery. This leads to longer hospital stays, or lasting memory problems.

Preventing delirium gives you the best chance of a smooth and safe recovery. It may be caused by more than one thing. All the factors below play a role in protecting your brain.

## How to Prevent Delirium




Bring familiar things from home like your pillow or a photo to help you feel calm and connected.

Arrange for family to visit you in hospital.

Before your surgery, tell your doctor if you had confusion or delirium in the past.

Visit **www.aci.health.nsw.gov.au/networks/aged-health/resources/delirium-brochure**

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# Pre-Surgery Instructions



Follow these instructions the day before or day of surgery. This makes sure you are as safe as possible. Your journey before, during and after surgery will go more smoothly.

| To Do | Not To Do |
|---|---|
| Ask a family or friend to drive you to the hospital and back home after. You cannot drive after surgery for safety. | Do not get new piercings or tattoos on the same day as your surgery. |
| Shower before arriving | Do not bring expensive jewellery or large amounts of money. |
| Wear comfortable, loose fitting clothes. | Do not put on make-up or nail polish |
| Follow the medication instructions given to you in pre-admissions clinic. | Do not smoke for at least 21 days before surgery. If you need help, see your local doctor or call Quit Line at 137848. |
| If you are having a colonoscopy, follow your bowel preparation guide. | |

## Please follow this fasting guide to keep you safe

Stop eating food and lollies 6 hours before your surgery.

Sip Til Send

- You can have small amounts of clear fluid, up to 200ml each hour, before your surgery, unless told not to by your doctor.
- Clear fluids include water (no fizzy or bubbles), apple juice (no bits or pulp), tea and coffee with no milk (powder or fluid).
- See the next page for more information on Sip til Send.

## What to bring

- Your eye-glasses, hearing aids, dentures, walking aids. Label these with your name.
- A list of all medicines you take, and the actual medicines in their original packet.
- X-rays, CT scans, other scans and letters from other Doctors you see.
- Medicare card, private health fund card, veteran card (if you have one).
- Personal items such as a book, photos or music.

For questions about the above instructions, please call the **Pre-Admission Clinic** at 9881 1949 or 9881 1543.

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# About The Hospital



**Hospital Welcome Pack**

To support a safe and comfortable stay in hospital, please read our Hospital Welcome Pack to learn more about your stay. This welcome pack is for patients, carers and families. Scan the QR code for your welcome pack.

**Do you need an interpreter?**

Ask staff for an interpreter for your appointment or hospital stay. The Health Care Interpreter Service is available 7 days a week, 24 hours a day for patients, carers and families.

**Arriving in the Surgery Ward**

After arriving in hospital, make your way to the day surgery ward. Speak to the reception staff.

**Blacktown Hospital**

- Enter the ground floor of the hospital. Walk towards the lift lobby in Block A.
- To the right of the lifts, you will see Day Surgery Unit A31.
- Contact: 86700104 or 86708180

**Mount Druitt Hospital**

- Enter the main hospital building and go to level 2.
- Walk towards Ward 2C
- Contact: 98811616 or 98811617

Scan for Maps and Directions from the Carpark

**Free Wi-Fi**

Free Wi-Fi is available for all patients and visitors. On your phone, go to settings then WiFi on your device and select the **Hospital_Guest_WiFi** network.

**Carer support**

If you are a carer bringing your loved one into hospital, or if you are a carer undergoing surgery yourself, you may be worried about the care of your loved one. Having surgery may be a stressful time. Scan the QR code find out more about available carer support.

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Sip Til Send:

# New Fluid Fasting Guidelines



## What is Sip Til Send?

- Sip approved clear fluids every hour until surgery
- **Adults:** Up to 200 ml per hour
- **Children under 65 kg**: 3 ml per kg of body weight per hour

## What can I drink?

- Water and ice
- Tea and coffee (no milk)
- Clear apple juice
- Cordial

## What to avoid:

- No food for 6 hours before surgery
- No thickened fluid, jellies, broths, lollies, sweets, gum and fizzy drinks

## Do not Sip Til Send if:

- If you are feeling unwell
- If your doctor/nurse has advised you to not eat or drink for medical reasons (you are NIL BY MOUTH)
- If you are taking certain medications (ask your doctor)

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# Medication & Fasting Instructions Before Your Surgery

## Pre-admission Clinic

**Patient Name & DOB:** _____

**Date of Surgery:** _____

The Anaesthetic Doctor has reviewed your medications. Please follow the instructions below:

### Medications to stop before surgery

| Medication Name | Date of Last Dose |
|---|---|
| | |
| | |
| | |
| | |
| | |
| | |

### Only continue these medications on the day of surgery

| Medication Name |
|---|
| |
| |
| |
| |
| |
| |

### Diabetes Medications

**Tablets:** See above

**GLP1 agonist** *(e.g. Ozempic™, Trulicity™, Wegovy™, Mounjaro™)*: Continue as normal

**Insulin:**

| Name | Date | Dose (Units) |
|---|---|---|
| | | |
| | | |
| | | |

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# Pre-admissions Clinic

**If you have the following, please bring it to hospital with you:**

- CPAP Machine
- Inhalers
- Medication dose packaging (e.g. Webster packs)

## Fasting Instructions for Adults before Surgery

You will follow one of the two fasting options below. Your doctor will indicate which one is for you.

### ☐ Sip Til Send




**Eating**

Stop eating any food at least **6 hours** before your surgery. This includes clear broths, soups and jellies if you are on a "colonoscopy and bowel preparation" diet.

- No food **after midnight** if you are having morning surgery.
- No food **after 7am** If you are having afternoon surgery.

**Drinking**

You can drink clear fluids freely until **2 hours** before your surgery.

From **2 hours** onwards, you can continue to sip up to 200ml/hr (a small cup) until you come into hospital. This is called "Sip til Send".

- Clear fluid examples: Plain water (not fizzy/sparkling), tea or coffee with NO MILK (fluid/powdered), clear apple juice (no bits/pulp).

### ☐ No Sip Til Send

*This decision was made either due to your health conditions, the surgery you are having or certain medicines you take.

**Eating**

Stop eating any food at least **6 hours** before your surgery. This includes clear broths, soups, jellies if you are on a "colonoscopy and bowel preparation" diet or the "24 hour clear liquid diet".

- No food **after midnight** if you are having morning surgery.
- No food **after 7am** If you are having afternoon surgery.

**Drinking**

Stop drinking clear fluids at least **2 hours** before your surgery.

- Clear fluid examples: Plain water (not fizzy/sparkling), tea or coffee with NO MILK (fluid/powdered), clear apple juice (no bits/pulp).

**Important Notes:**

Yes you can take your medications with small sips of plain water.

No fizzy or sparkling drinks.

No drinks with red or blue colouring.

No chewing gum or lollies.

If you have diabetes, please check your blood sugar every 2 hours.

- If your sugar is low for you or below 4, please take clear apple juice.

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# Clear Liquid Diet Instructions Before Your Surgery

## Pre-admission Clinic

**Patient Name & DOB:** _____
**Date of Surgery:** _____
**Date you start this diet:** _____

You are taking a medication which belongs to the group of drugs called GLP1 receptor agonists or GLP1/GIP co-agonists (e.g. Ozempic® Mounjaro®,Wegovy®, Trulicity®). This means that:

**24 hours before** your surgery you stop eating solid foods and start a **clear liquid diet** only

### What can I eat? ✓

- Clear broths (fat free)
- Stock cubes in warm water (strained)
- Clear soups
- Jellies with no fruit or solid food pieces in it

### What can I drink? ✓

- Plain water(non-fizzy) Black teas and black coffee (no liquid or powdered milk)
- Non-fizzy clear drinks including sports drinks (Powerade, Gatorade)
- Clear applejuice* (no bits)
- Ice blocks

✖ DO NOT HAVE any solid foods, cloudy liquid food e.g. yoghurts/cream/custards/curds,cloudy liquids, liquids with bits or sediment, fizzy drinks, milk drinks, alcohol, caffeinated energy drinks

- It is important that you follow this information or you may have your procedure delayed or cancelled.
- If you have diabetes please regularly check your blood sugars (every 2 hrs) and manage your low blood sugars with clear apple juice. Your diabetes medication advice will be given to you by the doctor while you are on this diet.
- **ON THE DAY OF SURGERY:**
  - Stop eating clear liquid food at least 6 hours before you attend the hospital
  - Continue to drink plain water only
  - Stop drinking water 2 hrs before you attend the hospital

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# Nausea and Bowel Motions

## Nausea

Nausea is common after surgery. After waking up from surgery, you will be offered anti-nausea medicine. Not everyone will have nausea and/or vomiting. If you do you will be given medicine to treat it and it should stop with time.

Why do I feel nauseous after surgery?

- Type of surgery
- Longer surgery
- Side effect of anaesthetic medication
- Side effect of pain medicines such as opioids



If you are having opioid medicines for pain relief, you may have side effects such as nausea. If you continue to have nausea during your stay, let your doctor and nurse know. You will be offered more nausea medication.

## Bowel Motions

After surgery, you may have changes to bowel motions. Some people have diarrhoea (loose stool) or constipation (hard stool). Your doctors and nurses may ask if you are able to pass regular bowel motions.



### Loose stools



Why do I have diarrhoea?

- Stress
- Medicine side effects
- Diet change
- Infection

What to do?

- Drink more water if able
- Avoid food high in fat and spice
- Tell your doctor and nurse
- Keep a count of the number of times you have loose stools each day.

### Hard stools



Why do I have constipation?

- Stress
- Opioid medicine side effects
- Diet change
- Moving less

What to do?

- Drink more water if able
- Sit out of bed and walk if able to
- Tell your doctor and nurse
- You will be given medicine to soften your stool and help you go to the toilet.

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# Pain After Surgery

## Pain After Surgery

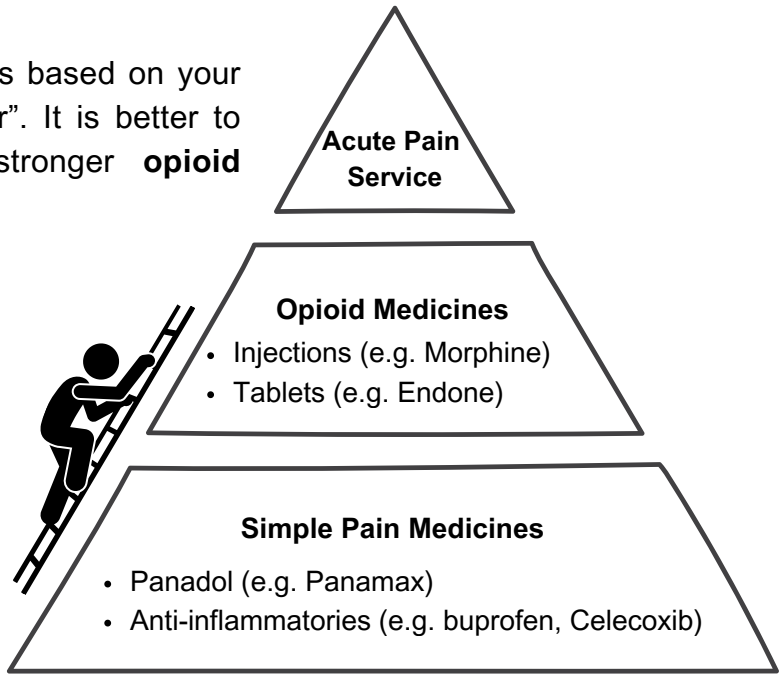
You may feel pain after surgery. Different people will have different levels of pain. You will get pain medicine to help you feel better. As you recover, your healthcare team will work with you to improve your pain, so that you can go back to your daily activities.

## Types of Pain Medicines

You will have mild to strong pain medicines based on your level of pain, in an increasing "pain ladder". It is better to take care of pain with **simple** and stronger **opioid** medicines at the same time.

There may be reasons some medicines are not right for you. Please **ask your doctor if you have any questions**, and let them know if you have any allergies.

Depending on the type of surgery you have, the Acute Pain Service (APS) may help you with pain-relief.




## Reducing Pain After Surgery

<u>Immediately after surgery</u>

You may need to take strong **opioid** medication with **simple pain relief** at the same time.

Your doctor may order regular and extra top-up pain medicines for you.

Please ask your nurse for extra top-ups if your pain gets worse in between regular doses.

<u>As you recover, the amount of pain may change</u>

As your pain improves, you may need less or no **opioid** medication. You may still have **simple pain relief**

**Distraction methods** like watching TV, reading books, listening to music, are also helpful for some people.

<u>Upon discharge from hospital</u>

You may be given a **short supply** of opioid medication if you still need it.

Over time, you may only need **simple pain medicines** or **no pain medicines** at all.

**Safety First:** At home, follow medicine instructions on the label. Do not share with anyone, keep away from children and throw away any left over opioids. If you have concerns, see your GP or come back to the hospital.

Visit **www.choosingwisely.org.au/resources/consumers-and-carers/managing-your-acute-pain** to read about medication safety.

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# Supports For Your Stay




## R.E.A.C.H Out to Us

If you are worried about a recent change in your health or the health of your loved one, REACH out to our staff.

Recognise: You may see a concerning change in your health or in the person you care for.
Engage: Speak with a nurse or doctor first and share your concerns.
Act: Ask the nurse in charge for a 'Clinical review'
Call: If you are still worried call REACH using bed side phone or ask for a ward phone.
Help: Call REACH on 2222 or Blacktown Hospital (02) 9881 8222 or Mount Druitt Hospital (02) 9881 1889.

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## We Care

**The Australian Charter of Healthcare Rights** is for everyone seeking or receiving healthcare in Australia.

Staff work together with patients, clients, carers and family to give you the best care.

Please let us know if there is anything you do not understand during your stay.

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# Going Home

Life will not go back to normal soon after surgery. You may feel tired or weaker than usual. Take care at home to keep falls or injuries from happening.

## How to prepare for recovery at home

### Getting home

- ☐ You cannot drive after surgery. Arrange for family or friends to help drive you home.
- ☐ If you need help, talk to your healthcare team about community transport services

### Prepare your home before coming to the hospital

- ☐ Have ready made meals in your freezer or organise meal deliveries.
  If you need help with meal delivery services, talk to your healthcare team.
- ☐ Look around your home for clutter that may cause falls.
- ☐ After surgery, you may not be able to lift heavy things and do chores like mow the lawn, do the laundry or clean the house. You may do this before coming to hospital for surgery.
- ☐ Have enough household items like toilet paper and soap.

### Help at home

- ☐ Ask your family or friends for help with cleaning, cooking and shopping.
- ☐ Arrange for a family or friend to stay with you the first night after coming home.

### Moving around

- ☐ If you need equipment like a wheelchair, walking frame or toilet commode, please tell your healthcare team. We can try to help you get these mobility aids.
- ☐ If you need more physiotherapy to get better, talk to your doctor about it. Your GP can refer you to a physiotherapist.

### Taking care of your loved ones

- ☐ Arrange for your pets or children to be cared for. Talk to your family, friends and community for support.

### Taking care of yourself

- ☐ Talk to your employer to arrange time off work.

### Book a visit with your GP

- ☐ Arrange a GP visit early as you will need to see your GP after leaving hospital.



*To find out more about supports and recovery after surgery, please speak to your doctors, nurses or allied health staff members.*

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# Ready Set Surgery

**Citation**
Lee A, Lal R, Wood A. Ready Set Surgery. Co-designed patient resource. 2025. Available for educational and clinical use with acknowledgement.

**Acknowledgements**
We thank our Consumer Representatives for their invaluable feedback and contributions to the development of this resource.

We thank the following Health Services for sharing their perioperative resources.
Prince of Wales Hospital Surgery and Perioperative Services, SESLHD.
Centre of Perioperative Care (CPOC), Royal College of Anaesthetists.
HealthiCare GP Health Hub.

**Tell Us What You Think**
We welcome suggestions to improve this booklet. Please complete a short survey at https://forms.office.com/r/AHpHvFkxYz or by scanning the QR code.

**My Surgery Notes**

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