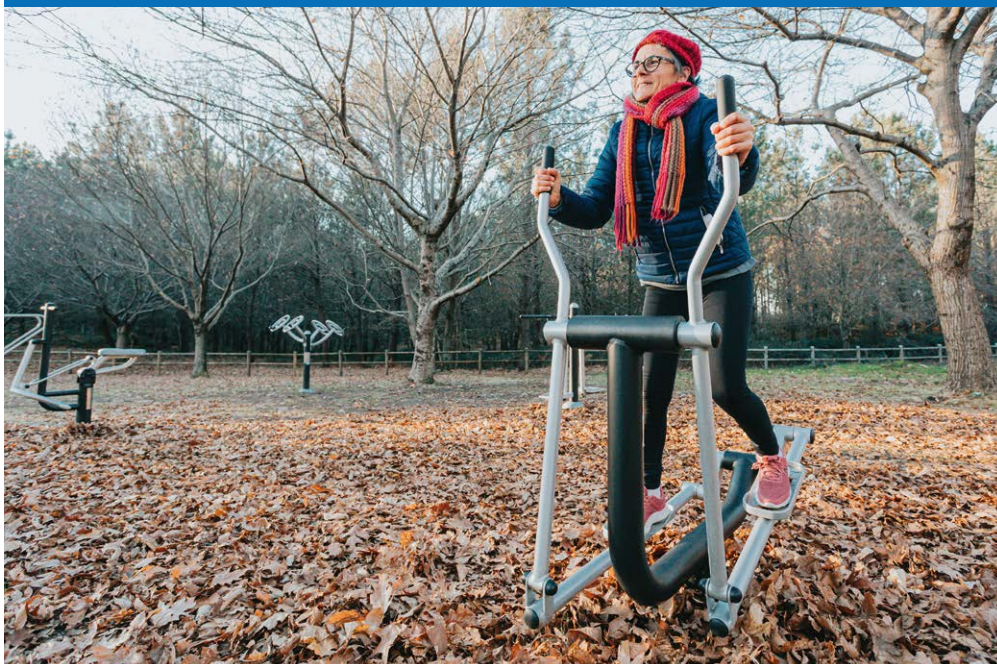


Making Decisions about Treatment



Deciding on treatment

Knowing what matters to you helps our doctors, nurses and other healthcare professionals (HCPs) work out the best treatment options for you.

It's OK to Ask these questions to help you think about your choices.

- 1. What are all my options?**
- 2. What are the benefits and risks of each option?**
- 3. How will each option affect what is important to me?**
- 4. Are there any alternatives?**
- 5. What happens if I decide to do nothing?**

It can help to start getting your mind and body ready for treatment as soon as possible.

If you decide on surgery, it is important to be fit for the surgery itself and to help your recovery. Small changes can have an impact.

To make sure surgery is as safe as possible for you and personalise your care, your team will also be assessing your health.

Even if you decide surgery is not for you, any preparation will help you get the best from other treatment options available.

Getting ready for surgery

Preparing your mind and body will help you

- **recover faster**
- **have a shorter stay in hospital**
- **reduce your risks from surgery**
- **get back to doing the things you enjoy**

Prepare your Mind

It is normal to feel anxious before an operation. You might worry about how the surgery will go and how you will cope afterwards.

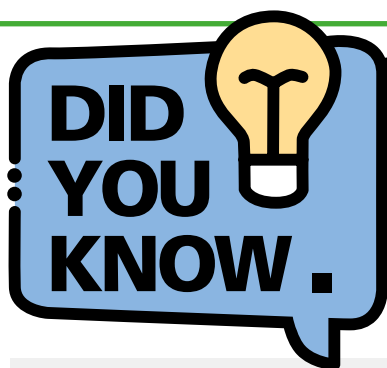
To help you prepare, you might want to make a list of questions to ask at your appointment.

- **how long will I be in hospital?**
- **what should I bring?**
- **what will I be able to do and when?**
- **what can I do to feel mentally prepared?**

Knowing what to expect can help you feel more in control of the process.

Talk to your family and friends about how they could help you. You might want to try practicing relaxation and breathing exercises before and after your surgery.

If you can, try to get plenty of sleep. It's important for your mental and physical health.



- Controlling anxiety has a positive effect on wound healing, pain and time spent in hospital
- Getting plenty of sleep helps healing and recovery

Preparing your body

Managing your health conditions

Do you have health conditions such as high blood pressure, diabetes, epilepsy or asthma? Your GP can help you to keep these controlled before an operation.

Looking after your general health

You might want to make some changes to help you get fitter for surgery. We can help you with this.



Your Health
Notts



MSK Your Way

MSK Together have partnered with Your Health Notts to provide a personalised programme called MSK Your Way. It will prepare you for any surgery that you may decide on. By improving health and wellbeing you will improve outcomes following surgery. Better health and wellbeing before surgery can reduce complications and improve recovery time.

What happens next?

- You will be contacted by Your Health Notts to arrange your personalised programme.
- You will receive a one to one health consultation.
- Our friendly, highly qualified professionals will agree with you a healthy lifestyle plan around your goals.
- The sessions will be delivered with a blended approach including face to face, telephone and virtual support.

