

Helping you get fit for your operation.

For people who smoke and people who are overweight.

If you are overweight or smoke your doctor will give you help before an operation.



This does not mean you will wait longer for your operation.

If you smoke:



- If you smoke this could make your operation more risky
- If you smoke and have an operation it is more likely you will become ill
- If you smoke it could take longer for you to get better after your operation

If you are overweight:



- If you are overweight this could make your operation more risky
- If you are overweight and have an operation it is more likely you will become ill

Delivered in partnership with:

NHS Wirral Clinical Commissioning Group
Wirral University Teaching Hospital NHS Foundation Trust
Wirral Council

*Easy read patient information leaflet
Date: July 2017*