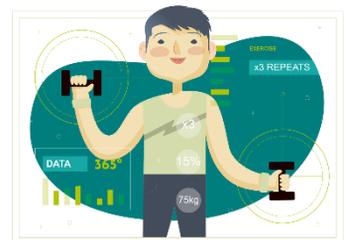




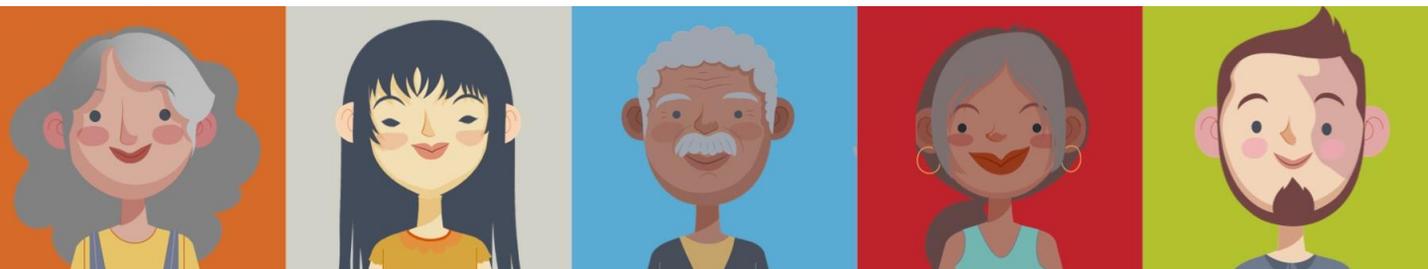
Waiting for surgery can be a stressful time. The team at TUH have developed a series of short videos so you can turn waiting time into preparation time. These informative videos have practical advice on:



- Eating well
- Being more active
- Stopping smoking
- Managing your feelings about surgery



The weeks and months leading up to surgery are a great time for you to get your mind and body stronger for surgery. By following this advice you will help yourself to recover better after surgery.



Open the camera on your phone and focus on the QR code to access the videos.

<https://tuh.ie/Departments/Prehabilitation-Surgery>