

Prepare Yourself for Surgery...



South Tees Hospitals
NHS Foundation Trust

THE PREPWELL PROGRAMME

Our programme is designed to help you to identify your individual risks and to support you to make lifestyle changes. By reducing these risks you are likely to make a better and faster recovery from your operation.

For more information visit our website:
southtees.nhs.uk/prepwell


Or you can ask your GP, surgical team
or contact us and register your interest:

stees.prepwell@nhs.net

01642 850850 ext 52341

Participating in the programme will not delay your surgery and will compliment any of your current treatments.

THE
LIVE WELL
CENTRE

A unique project by:  Middlesbrough
moving forward

Surgery can have a major impact on your body. Your health and wellbeing at the time of your operation is important in reducing the risk of complications and speeds up your recovery. The fitter you are the quicker you go home!

PREPWELL is a programme specifically aimed at improving your health by identifying ways that we can help you prepare for surgery. The programme is supervised and based at The Live Well Centre in Middlesbrough.



FUNDED BY

