



Our commitment to you

Perioperative care is the care we give from the time you first talk about your operation until you have recovered.

At the Centre for Perioperative Care (CPOC), we believe everyone should get safe, kind, and well-planned care.

This guide explains what you can expect from your healthcare team before, during, and after your surgery.

It also explains how you can help look after your own health.

1. Decisions made together

- **You are an equal partner** in your care
- Your wishes and the things that matter to you will be at the centre of all decisions
- We will explain your diagnosis and all treatment choices in a way that you can understand
- We will explain the risks and benefits of each treatment



2. Care specific to you

- Your health will be checked to create a care plan just for you
- We will support you to improve your health before your surgery. We will include advice about:
 - Diet
 - Exercise
 - Stopping smoking
 - Cutting down on alcohol
 - Your other medical conditions



3. Safe, high-quality care

- Your care will follow national standards
- Care delivery will be regularly checked to make sure it is of good quality



4. Clear communication

- We will treat you with dignity and respect
- We will give you clear and honest information at the right time
- You can bring a family member or friend or carer to appointments
- We will tell you who to contact if you have questions or worries



5. Supporting your recovery

- We will support you in getting back to daily life after your operation by helping with
 - Pain control
 - Eating and drinking well
 - Getting moving again
- We will give you a plan and contact details for support before you go home



Your role as a patient

To get the best results from your operation, we ask you to:

- Ask questions and share what matters to you with your healthcare team
- Follow advice on how best to prepare before your operation
- Show respect to every member of the healthcare team.