



# Important Information for Overweight Patients Referred for Routine\* Surgery

**For health reasons very overweight patients will be asked to lose weight before they can be listed for routine surgery**

Surgery is safer and more effective for people with a healthy weight.

Patients who are overweight are much more likely to suffer serious, sometimes life-threatening, complications as a result of surgery

- Serious breathing problems
- Infections
- Heart, kidney and lung complications
- Longer recovery - more time in hospital
- A higher risk of dying whilst under anaesthetic

A small weight loss can reduce these risks dramatically. The more you lose the better it will be for your long term good health.

You will reduce the risk of

- Diabetes
- Heart disease
- Stroke
- Cancer
- Dying early

**Ask your GP or practice nurse for information on what support is available to help you lose weight**

\*This applies to routine surgery only and not to urgent eg cancer operations or emergencies

*Herts Valleys Clinical Commissioning Group*