



Fall Prevention:

Information for patients and carers

Things you can do to prevent falling while at Day Surgery:

- Bring to Day Surgery any equipment you normally use such as glasses and walking aids.
- Let staff know if you feel unwell or unsteady on your feet.
- Wear suitable footwear.

Things you can do to prevent falling at home following Surgery:

- Prior to your surgery check at home to make sure that there are no obstacles that you could fall over following surgery.
- Make sure you always wear comfortable clothing and suitable flat shoes.
- If you use a walking aid, make sure it is in good condition and that you use it rather than using furniture or walls for balance.
- Take your time when getting up from sitting or lying down.
- Keep your fluid levels up.