



# MILES

## Empowering Your Surgical Journey



## What is Perioperative MILES Programme about?

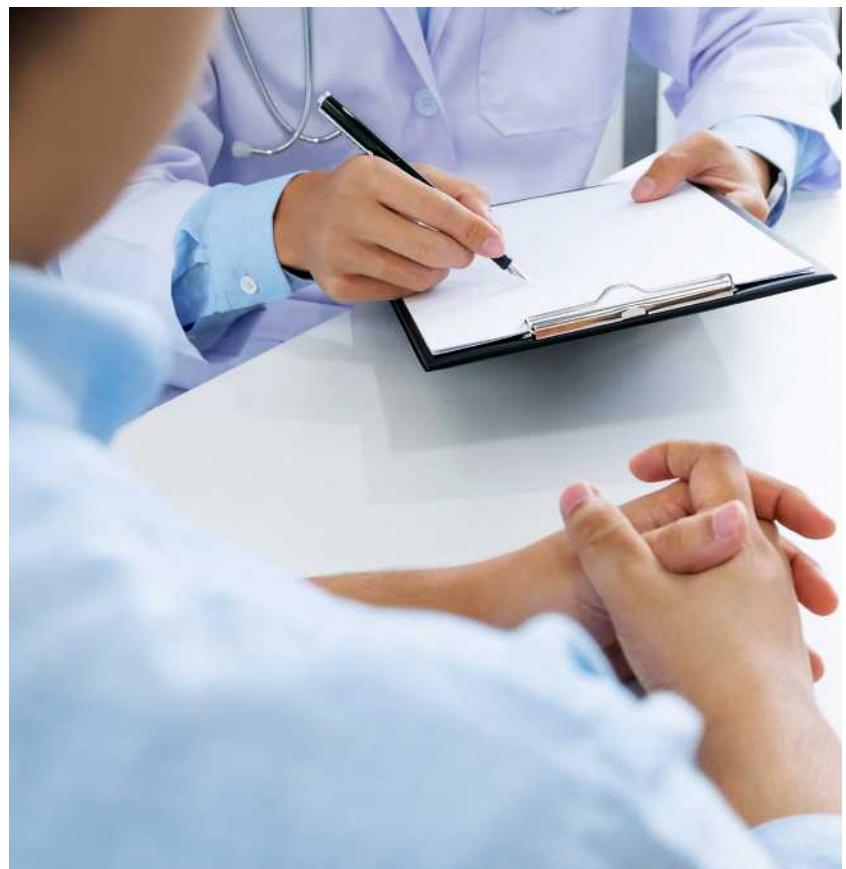
The Perioperative MILES Programme is a nurse-led initiative dedicated to enhancing your surgical experience through comprehensive, multidisciplinary care. From pre-operative preparation to post-operative recovery, our team will go the extra mile to guide and support your surgical journey.

This programme is based on the principles of enhanced recovery after surgery, which aims to support and enhance your body's natural healing processes.

This booklet serves to guide you through your surgical journey with the following objectives in mind:

- Gain better understanding of your surgical journey
- Reduce anxiety
- Minimise your discomfort after surgery
- Reduce your risk of complications
- Enhance your overall surgical experience

With your active participation, we can work together to achieve your surgical goals.



# Your MILES Journey

MILES is a holistic and individualised programme designed to support surgical patients in their recovery journey, with the goal of optimising their functional abilities post-surgery. While the programme aims to help patients regain as much function as possible, the extent of recovery may vary depending on individual factors such as age, overall health, and the nature of the surgery.

Scan to watch a short video to take you through your MILES journey



**Step**

## 1 Consultation with Surgeon

- Confirmation for surgery.
- Enrolment into MILES programme.



**Step**

## 3 Physiotherapist

- A physiotherapist will evaluate your physical and functional level, and create an exercise routine based on your needs.



**Step**

## 4 Dietitian

- A dietitian will assess your level of nutrition and provide a personalised dietary plan.



**Step**

## 5 Physician

- A doctor will review your medical history and medication list to plan your medical management.



**Step**

## 2 Assessment and Counselling by MILES Nurse

- The MILES nurse will assess your health condition by conducting a few tests, such as on walking, hand grip strength and nutrition.
- The nurse will provide counselling on what to expect on your entire perioperative journey.
- You may be referred to other healthcare professionals such as dietitian, physiotherapist and physician.



**Step**

## 6 Anaesthesia Assessment (AOCC)

- You will be reviewed by a nurse/doctor to prepare you for surgery.
- Please bring your medication list as adjustments may be required.

# Preparation for Surgery

## Stop Smoking

**Stop smoking as soon as possible or at least 4 weeks before your surgery.**

Smoking increases health risks and slows wound healing, leading to longer recovery and hospital stay.

If you need help to stop smoking, please speak with our MILES programme nurse or doctor.



## Exercise and Ambulation

Major surgery places significant physical and physiological demands on your body. Regular exercise can improve your heart and lungs function, which may lead to better surgical outcomes.

We recommend at least 30 minutes of daily physical activity before your scheduled surgery.

These can include:



Walking



Brisk walking



Jogging



Swimming



**Stop alcohol consumption as soon as possible or at least 4 weeks before your surgery.**

Alcohol can negatively affect your surgical outcomes, which may lead to longer recovery and hospital stay.



# Preparation for Surgery

## Physiotherapy

You may be referred to a physiotherapist to optimise your functional abilities prior to surgery.



## Incentive Spirometry

A nurse or physiotherapist will teach you how to exercise your lungs using a spirometer.

Before surgery, use the spirometer 4 times a day, with 10 breaths each time. You may use the spirometer before meals and bedtime.



Incentive Spirometer

## Nutrition

- You are advised to consume sufficient nutrients and carbohydrates to prepare and recover from surgery.
- Protein, e.g. chicken, eggs, tofu, should be the bulk of your meals to prepare your body for surgery and healing.
- Depending on your condition, you may receive carbohydrate drinks to reduce surgical stress and support recovery.
- Discontinue the use of all herbal supplements and traditional medicines at least 1 week before your scheduled surgery.

## Dietitian

- You may be referred to a dietitian for nutritional supplements to nourish your body for surgery and healing.



# Preparation for Surgery

## ✚ A day before surgery

You will receive a call a day before your surgery to inform you of the reporting time and location for your surgery.

Please bring along the following on the day of your surgery:

- A pair of comfortable shoes
- A set of comfortable clothes for discharge day
- Toiletries including toothbrush and toothpaste
- Any required inhalers and specialised medications used regularly
- Incentive spirometry
- Spectacles / Hearing aids (if you need them)

Please avoid bringing:

- Items such as bags, wallets, watches and jewellery
- Large amount of cash

# After Surgery



## What to expect:

- You will be monitored for a short period of time in the Post Anaesthesia Care Unit (PACU).
- You may have one or more of the following, an intravenous (IV) drip, surgical drain(s), urinary catheter and/ or an oxygen tube.
- Your doctor will assess your condition and place you in the most appropriate care setting: Intensive Care Unit, High Dependency Ward or General Ward.
- Your next of kin will be informed of your ward.

Thereafter, you will be staying in your selected ward until your discharge.

# After Surgery Care: Your Hospital Stay

## ✚ Pain management

It is important to manage your pain and ensure you are comfortable. When your pain is well-controlled, you will be able to breathe and eat easily, allowing you to engage in activities necessary for your recovery.



Press the button when you are in pain.



If you are given a pain buster pump, the medication will be released into your body automatically.



Take the prescribed oral painkillers for the first 2 weeks after surgery.

Do not wait till the pain arises before taking your painkillers.

Alert our nurses or doctors if the pain is unbearable.

## ✚ Activity and Ambulation

Early activity and ambulation after surgery is recommended to accelerate your healing process and minimise complications. Prolonged bedrest increases the risk of lung complications and blood clots.

- Once deemed fit, you are required to get out of bed.
- This can happen as soon as the first day after your surgery.
- A physiotherapist and an occupational therapist will assist you in activity and ambulation.
- Our nurses will assist in your daily needs.
- Our goal is to support you in reaching the best possible level of function after surgery.



## ✚ Incentive Spirometer

With the aid of a spirometer:

Take 10 deep breaths every hour while you are awake. This will help to reduce lung complications.

## ✚ Specialty Nurses

Our specialised nurses under the Perioperative MILES Programme will follow up with you. Please feel free to raise any questions or concerns that you may have.



## After Surgery Care: Discharge

Discussing your post-surgery care plan during your pre-surgery clinic visit is crucial. Our goal is to ensure you are fully prepared and supported for a safe return home when you are medically ready. We encourage you to inform the nursing team of any concerns or potential challenges you foresee regarding your post-hospital care.

### You can be discharged when:

- You can walk independently or have returned to your activity levels prior to surgery.
- You can eat and drink.
- Your pain is well-controlled with oral painkillers.
- You have passed wind and/or motion.
- Your blood tests are satisfactory, and you do not have a fever in the last 24 hours.

While waiting for your medication or transport, you will be transferred to the Discharge Lounge.

A follow-up appointment will be scheduled with your doctor.

## Home Recovery

### Activity and Ambulation

- Continue to exercise regularly for at least 15 to 30 minutes twice a day.
- Continue using your incentive spirometer 4 times a day for the first two weeks at home.
- Avoid strenuous exercise and heavy lifting for the first few weeks or as advised by your medical team.

### Nutrition

- Continue to eat small, frequent meals.
- If you have been prescribed nutritional supplements by your dietitian, take them as indicated.

### Pain management

- You may experience some pain when you are at home.
- Continue to take your prescribed painkillers as required.

### When should I come back to the hospital?

Proceed to the Emergency Department immediately if you experience any of the following symptoms:

- Bleeding
- Fever
- Severe stomach pain
- Increased stomach swelling
- Persistent bloatedness
- Persistent and severe vomiting
- No bowel movement or passing wind for a couple of days
- Red, swollen and painful wound with foul-smelling discharge or pus

### Hotline

For non-urgent issues and other enquiries, you can contact our hotline during office hours (9am to 5pm):  
**(65) 9829 7876**

## Our Patient Care Institutions

National University Hospital  
Ng Teng Fong General Hospital &  
Jurong Community Hospital  
Alexandra Hospital  
Tengah General and Community Hospital (upcoming)  
National University Polyclinics  
Jurong Medical Centre  
National University Cancer Institute, Singapore  
National University Heart Centre, Singapore  
National University Centre for Oral Health, Singapore  
NUHS Diagnostics  
NUHS Pharmacy



Scan the QR code for  
more information on our  
patient care institutions.

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

**[www.nuhs.edu.sg](http://www.nuhs.edu.sg)**

Take charge of your health and  
access health information and  
services across NUHS institutions.

**Download the NUHS App now!**



Scan to download

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

© 2025, National University Hospital (Singapore) Pte. Ltd. All rights reserved. No part of this publication may be reproduced or shared without prior permission from National University Hospital (Singapore) Pte. Ltd.

Information is correct at time of printing [Nov 2025] and subject to revision without prior notice.