

# Keeping warm to reduce the risk of hypothermia before/after your procedure

Department of Surgery

Produced: March 2022

Review: March 2025

Information for Patients

Leaflet number: 1279 Version: 1

## Introduction

This patient information leaflet will help you to prepare for your surgery. It gives you advice on keeping warm before and after your procedure. This will help to reduce the risk of your body temperature dropping too low (hypothermia).

Keeping warm before and after your procedure will lower the risk of problems (complications) after your procedure such as:

- wound infection,
- bleeding and
- a longer recovery.

## Patients at increased risk of hypothermia

You are at a higher risk of getting cold during your surgery, if any 2 of the following apply to you:

- Your body temperature is below 36°C before your procedure.
- You have a condition that affects your general health and function.
- You are having a both a general anaesthetic and one for a particular part of the body (regional anaesthetic), for example, an epidural in the spine.
- Your procedure is not a minor procedure.
- The pre-operative assessment shows that you are at risk of heart problems during or after your procedure.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Keeping warm before your procedure

The hospital may be colder than your home. We ask that you bring extra clothes with you when you come into hospital to keep you warm and comfortable. This could include:

- a dressing gown,
- a vest,
- warm clothing and
- slippers.

The nursing staff will check your temperature before you leave the ward for your procedure. If your temperature is low, the staff may take steps to raise it. They will discuss this with you should this be needed. Please let the staff know if you feel cold at any time during your stay in hospital.

## Keeping warm during your procedure

The staff will ensure that you are kept warm during your procedure and will check your temperature regularly in theatre and in the recovery room. A warm air blanket may be used in theatre and in recovery to help keep you warm while you are asleep and as you recover.

## Keeping warm after your procedure

When you return to the ward after your procedure your temperature will be checked. You will be given blankets or a duvet to make sure you are kept warm as you recover. If your temperature falls below 36°C while on the ward you may be given a warm air blanket until you are comfortably warm.

If you have any questions about keeping warm please talk to the Pre-operative Assessment Team or any of the nursing staff who will be happy to help.

**More information:** Hypothermia: prevention and management in adults having surgery  
<https://www.nice.org.uk/guidance/cg65>

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)