

Enhanced Recovery After Surgery (ERAS)

What is ERAS?

Enhanced Recovery After Surgery (ERAS) is a patient-centered, evidence-based approach to surgical recovery built to decrease stress and minimize recovery time. The focus is to make sure that you are actively involved in your recovery.

It is important that you know what to expect **before, during** and **after** your surgery. Our team will work closely with you to plan your care and treatment. We look forward to providing you excellent care to help you get better, quicker.

2-3 days prior to your surgery

- ☐ One of the education nurses will call and complete your pre-admission survey.
- ☐ The nurse will order your pre-admissions labs. It is important to get your labs drawn prior to the day of surgery to ensure your surgery is not delayed. Labs can be drawn at any St. Elizabeth Hospital.
- ☐ Check with your surgeon about what medications you can take the morning of your surgery.

Night before Surgery

- ☐ **Drink one bottle of Ensure™ (Glucerna™ for diabetics) before going to bed the night before surgery.**
- ☐ Do not eat solid foods after midnight.
- ☐ You may continue to have the following clear liquids: water, Powerade™ (Powerade™ Zero for diabetics), black coffee/tea (no milk, no cream/creamers, no sugar) up to 2 hours prior to your arrival time.
- ☐ Be sure to have a 20-ounce Powerade™ (Powerade™ Zero for diabetics) **ready for the morning of surgery.** You will need to drink this 2 hours prior to your arrival time.

Day of Surgery

- ☐ **Drink your Powerade™ (Powerade™ Zero for Diabetics) the morning of surgery.** You should **finish drinking 2 hours before your scheduled arrival time.** You cannot have anything to drink after this point.
- ☐ Arrive at the hospital on the morning of surgery at the time given to you by the office.

Post-Surgery (Recovery Room)

Once your surgery is complete, you will be taken to the recovery room. It is important that you are able to take deep breaths, cough, and move as soon as possible once in the recovery room.

Once you are awake:

- You will be given clear fluids to drink.
- You will get out of bed (with help) to start moving as soon as possible. This helps to speed up your recovery and prevents you from getting blood clots and pneumonia.

Pain Management

Managing your pain is an important part of your recovery. We will ask you regularly about your level of comfort. Preventing and treating your pain early is easier than trying to treat pain after it starts so we have created a specific plan to stay ahead of your pain.

ERAS uses multiple types of pain medications in order to minimize the narcotic pain medication we give you. Narcotic pain medications can significantly slow your recovery and cause constipation.

If you are on long standing pain medication prior to surgery, you will be provided with an individualized regimen for pain control with the assistance of our pain specialists.

Diet

Some patients find their appetite is less than normal after surgery. This could be a sign of constipation. Small, frequent meals throughout the day may help. Over time, the amount you can comfortably eat will increase.

Some patients feel nauseated. To minimize this feeling, avoid letting your stomach get empty. Eat small amounts of food and eat slowly.

Hobbies and Activities

Walking is encouraged as soon as possible post-surgery. Plan to walk three or four times daily.

Remember, it can take up to 2-3 months to fully recover. It is not unusual to be tired and need an afternoon nap 6-8 weeks post-surgery. Your body is using its energy to heal your wounds in the inside and out.