

Why Enhanced Recovery after Surgery? (ERAS)

ERAS is an evidence-based recovery program that can help to minimize the stress of surgery, and help recovery occur as soon as possible.

Our goal is to help control pain; return bowel function; reduce the risk of problems after surgery; and increase early movement and walking. These will help you feel better quicker, and go home sooner.

Please share with your family and friends who will support you throughout your surgery.

What you can do to improve your surgical outcome

Make yourself a better surgical candidate:

- Stop/minimize tobacco immediately.
- Be active and do reasonable exercise daily (walk, take the stairs, stretch).
- Eat a healthy diet with plenty of protein and vegetables; drink water and stay hydrated.
- If you have diabetes, carefully manage your glucose.

Participate in post-op activity:

- Movement improves healing!
- Starting the day of your surgery, deep breathing, sitting in a chair, and walking the halls have been proven to decrease surgical complications, increase healing, and quicken recovery.

Stick with the pain management plan:

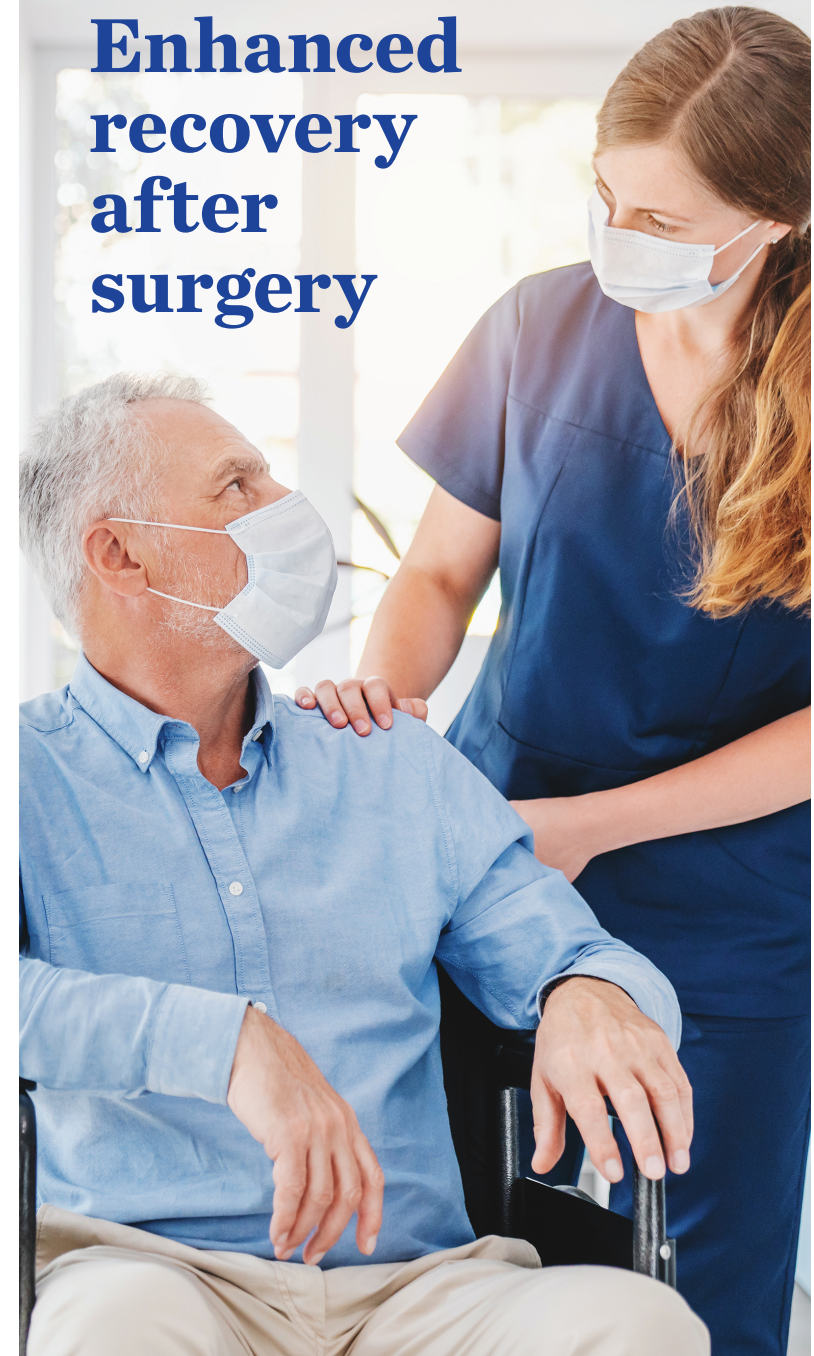
- After surgery, you will take pain medicine as prescribed by your surgeon.
- Scientific studies prove it is better to have tolerable discomfort with less narcotics than to have little pain with more narcotics.
- Narcotics slow down recovery/healing, and have many adverse side effects which include nausea, constipation, difficulty urinating, sedation, confusion, itching, prolonged hospitalization, addiction, etc.
- Alternatives to pain meds: Cold packs, deep breathing, distraction with music, reading and watching TV.



**Ascension
Saint Thomas**

[ascension.org](https://www.ascension.org)

Enhanced recovery after surgery



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Day before surgery

Diet/fluids prep:

- Avoid solid foods and non-clear liquids (coffee with cream, orange juice) after 11 p.m.
- Drink water, sports drinks and soda.
- Stay hydrated with Gatorade-like sports drinks (sugar-free Gatorade or G2, if you have diabetes)
- If you have heart failure, do not drink excess fluids, or use excess salt.

Nutrition plays a key role in helping your body recover from surgery. In the weeks prior to your surgery, if you or your surgeon feel that your nutrition status is not adequate, we encourage you to drink two protein drinks per day, in addition to your regular meals. See examples below:

General	Diabetics
<ul style="list-style-type: none"> • Boost® • Ensure® • Glucerna® 	<ul style="list-style-type: none"> • Glucerna Complete® • Glucerna® shake • Boost Glucose Control®

Day of surgery

Packing for the hospital:

- Pack plenty of your favorite sugar-free chewing gum for post-op use.
- Bring your CPAP machine to the hospital, if you use one at home.
- **Do not** wear face/eye make-up or lotion, nail polish, or jewelry/piercings to the hospital.

Diet/hydration at home:

- **Do not** eat solids or drink non-clear liquids. (No coffee with cream, no orange juice, etc.)
- Drink Gatorade up to two hours before arrival time. (If diabetic, choose sugar-free or G2)

Hospital (please arrive ON TIME):

- You will be prepped for surgery in the Pre-Op Holding Room, and meet your surgical team.
- You will undergo an anesthetic/surgical protocol designed to enhance your recovery. A warming gown may be used to keep your body at a normal temperature, which helps reduce complications, quicken functional return, and improve satisfaction.

Activity in my room :

- Cough, and use your incentive spirometer every hour while awake.
- Sit in a chair (with assistance) for about an hour with meals.
- Walk (with assistance) in your room and halls.
- Work with occupational and physical therapy.

Diet:

- Chew gum. (helps bowel function return)
- Start drinking liquids, and eat as allowed.

Bathroom:

- Get up (with assistance) to use the bathroom, instead of using a bedpan/urinal.

For less complex surgeries, you may be discharged.

Day after surgery

Activity:

- Cough, and use your incentive spirometer every hour, while awake.
- Eat meals in a chair, **not** in bed. Sit for one hour each morning/noon/evening (with assistance, if needed).
- Walk three times per day (with assistance, if needed), increasing distance each time.

Diet:

- Chew gum for 30 minutes, three times per day.
- If you are not able to eat a normal, healthy diet, drink Ensure® or Boost® with meals.

Typical discharge goals:

- Able to eat solids well
- Normal urinary function
- Tolerable discomfort with oral pills
- Walk the halls with some assistance

Discharge planning:

- Review written instructions with your nurse.
- Leave the hospital with a prescription for pain medicine, and instructions to schedule a follow-up appointment with your surgeon.
- Have your transportation arrive at the hospital **by 8:30 a.m.** on the day of your discharge. You may not drive yourself.

Activity goals after discharge

- Be in bed only while sleeping.
- Get up and walk (with assistance if needed) every hour during the day.
- Continue to use incentive spirometer as directed.