

Enhanced Recovery

Enhanced Recovery After Surgery (ERAS) guidelines for your hospital stay can help you bounce back faster.

Follow these steps for a
STRONG FINISH

After Your Surgery – While You're In The Hospital

Medications



Some pain after surgery is normal. We want to partner with you to manage your pain.

To keep you comfortable, we effectively use non-steroidal anti-inflammatory drugs (Ibuprofen/Advil®, Meloxicam, Celecoxib or Celebrex®), Acetaminophen/Tylenol®) or neuromodulators (Gabapentin, Pregabalin). We encourage you to take pills by mouth, so you can get off of IV pain medications as quickly as possible.

These are a few of the ways that ERAS has been proven to:

- Effectively manage pain while limiting the use of narcotic painkillers.
- Reduce unwanted side effects including nausea, constipation and swelling.
- Enable patients to move, drink and eat more quickly after surgery.
- Help patients feel better faster and decrease their time in the hospital.

**4 – 6 hours
after surgery**

**1 day
after surgery**

**2 days
after surgery**

**3 – 4 days
after surgery**

Diet



Drink approved **clear liquids**: Water, flavored water, apple juice, cranberry juice, black coffee or tea (nothing added).

If tolerating clear liquids, **begin to eat** solid foods.

Chew gum 3 times a day for 10 minutes. Don't swallow gum.

Continue to drink liquids.

1.5 liters of water a day is recommended.

Eat **solid foods** as tolerated.

Chew gum 3 times a day, for 10 minutes. Don't swallow gum.

Continue gum and advance diet as tolerated.

Try to eat **small, frequent meals** for the first week after surgery.

Drink lots of fluids, goal is **1.5 liters / day**.

Because protein encourages healing, eat a minimum of 60 grams of protein per day. (There are about 7 grams of protein in one ounce of cooked meat, poultry or seafood.)

If needed, supplement protein from meals with up to 3 **protein shakes** during the day (Ensure, Enlive, Ensure Plus or Boost Plus) to help meet goal of 60 grams throughout day. 60 grams should not be in one meal.

Activity



Get out of bed to chair with a nurse assisting twice. Walk 100 ft.

Stay in your chair more than in bed. Goal is to be **out of bed for 3 hours**.


Walk 3 times, increase to 200 ft. and then 300 ft.

Stay in your chair more than in bed.

Goal is to be **out of bed 4 hours or more**. Walk 3 to 4 times per day, more than 300 ft.

Stay in your chair more than in bed.

Goal is to be **out of bed for more than 6 hours**. Walk more than 4 times per day.

	4 – 6 hours after surgery	1 day after surgery	2 days after surgery	3 – 4 days after surgery
Breathing Exercise 	If you received an incentive spirometer prior to surgery, breathe deeply using spirometer 10 times per hour upon arrival to your room.	Inhale deeply using spirometer 10 times per hour while awake.	Inhale deeply using spirometer 10 times per hour while awake.	Inhale deeply using spirometer 10 times per hour while awake.

If you have questions, contact PACE at: _____