

Enhanced Recovery

Enhanced Recovery After Surgery (ERAS)

promotes your participation in a step-by-step plan that helps patients feel better and recover faster. It starts as soon as surgery is scheduled.

Follow these steps for a
STRONG START

Preparing your body for surgery will:



- Reduce nausea/vomiting after surgery
- Reduce pain
- Support good blood sugar levels to fuel recovery
- Promote healing to reduce time in the hospital




Attend PACE (pre-op) appointment at least 1 week before surgery:

PACE Appointment Date/Time: _____

Identify a friend or family member for support.

Before Your Surgery

| | As soon as your surgery is scheduled | 1 day before surgery DATE: _____ | The morning of surgery DATE: _____ |
|--|---|--|---|
| Medications  | Take medications as prescribed. | Take medications as prescribed. | Take medications as directed by your surgeon or as discussed at your PACE appointment, with sips of water. |
| Diet  | <p>Eat a well-balanced diet. Drink plenty of water & fluids.</p> <p>Because protein encourages healing, eat a minimum of 60 grams of protein per day. (There are about 7 grams of protein in 1 ounce of cooked meat, poultry or seafood.) 60 grams should not be in one meal.</p> <p>If needed, supplement protein from meals with up to 3 protein shakes during the day (Ensure, Enlive, Ensure Plus or Boost Plus).</p> | <p>Continue a well-balanced diet. <u>NOTE: Follow your surgeon's instructions for bowel preparation.</u></p> <p>Do not drink alcohol for at least 24 hours before surgery.</p> <p>After midnight: No solid foods. No protein shakes. No creamer. No milk.</p> <p>You may drink only these approved clear liquids up until 2 hours prior to scheduled arrival time for surgery:</p> <ul style="list-style-type: none">• Water• Flavored water• Apple juice• Cranberry juice• Black coffee (nothing added)• Tea (nothing added) | <p>You may drink clear liquids after midnight, up until 2 hours prior to scheduled arrival time for surgery.</p> <p>2 hours before your arrival time: If Baptist Health has given you a pre-surgery drink, chill it and consume contents 2 hours prior to scheduled arrival time.</p> <p>Please finish drinking contents within 10 minutes. If you become nauseated, stop drinking. <u>NOTE: Don't drink any other fluids after you finish the pre-surgery drink.</u></p> <p>If not given a pre-surgery drink, then stop drinking clear liquids 2 hours prior to scheduled arrival time. Stop drinking liquids at: _____</p> |

| | As soon as your surgery is scheduled | 1 day before surgery | The morning of surgery |
|--|---|--|---|
| Activity  | If you do not regularly exercise, begin walking 15 minutes per day. | Maintain your normal activity. | Maintain your normal activity. |
| Breathing Exercise  | If you received an incentive spirometer prior to surgery, start using it daily, taking 10 deep breaths to exercise your lungs | Continue to practice incentive spirometer approximately 10 deep breaths, the day before surgery. | Bring your incentive spirometer with you to the hospital, if you received one. |
| Tobacco Use  | <p>If you smoke, vape or chew tobacco, it is recommended to stop prior to surgery.</p> <p>Tobacco use impacts recovery after surgery. It can weaken the immune system, reduce oxygen levels and slow the wound healing process.</p> | Do not smoke/vape/chew at least 24 hours before your surgery. | If you stopped tobacco use for surgery, don't start again after surgery. Your lungs and your body will thank you! |

If you have questions, contact PACE at: _____