

Patient Education

Enhanced Recovery After Surgery (called “ERAS”) is a care plan that was made for you by your HonorHealth Surgery and Anesthesiology Teams. This plan helps to: Get your body ready for surgery, get well safely, and return home as soon as possible after your surgery. The goal is to keep things as ‘normal’ as possible before your procedure and get back to your normal self again. There are some important ways that we do this that may differ from any previous surgery you may have had.

Why do we use the ERAS care plan?

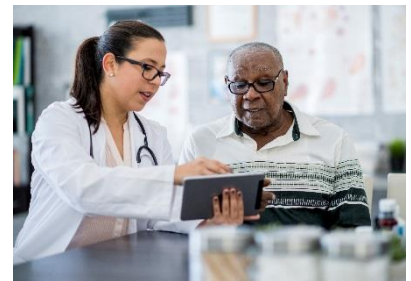
The ERAS care plan helps you to recover quickly and lowers the chances of having any problems after your surgery. This care plan helps you and your healthcare team work together to:

- Decrease the number of days you’re in the hospital
- Allow you eat and drink as soon as it is safe
- Manage your pain
- Listen to your concerns and describe things clearly
- Help you get out of bed and walk within 24 hours

What should I expect before my surgery?

After discussing your surgery with your surgeon, a member of your surgeon’s team will explain your part in the enhanced recovery plan. A pre-assessment nurse will call you to give you more details about how to get your body ready for surgery, including exercise, deep breathing, and quitting smoking. You may be asked to drink **Gatorade®** or **Ensure Pre-Surgery®** before surgery. The pre-assessment nurse will provide exact details on this if needed.

On the day of surgery, a nurse will place an I.V. to prepare you for anesthesia. You may receive medication to help manage your pain before surgery.



What will happen in the Operating Room (OR)?

You will be carefully monitored in the OR during your surgery. A team of medical professionals including doctors and nurses will be caring for you at all times. The anesthesiologist will also be giving you medicines to keep you asleep and comfortable. You may be given medications to prevent nausea after surgery. We will keep you warm during surgery with blankets, warm I.V. fluids, and air warmers.



Pain Management

Enhanced Recovery After Surgery (called “ERAS”) care plans are designed to decrease side effects from commonly used pain medications including drowsiness, confusion, nausea, and constipation which can result in a longer hospital stay and make recovery after surgery hard.

The primary cause of pain is inflammation. Medications that treat inflammation then become an important part of your pain management plan the day of surgery. Medications taken day of surgery in the Preoperative unit may include:

- Tylenol (acetaminophen)
- Celebrex (Celecoxib)
- Gabapentin (Neurontin)
- Toradol (Ketorolac)

Small amounts of pain medication (called opioids) may be included in your ERAS care plan. You’re surgical and anesthesia team will work with you on which combination of medications will be best for you and your type of surgery.

ERAS care plans may include other pain relief strategies such as:

- Ice
- Heat
- Local anesthetics
- Relaxation
- Positioning

What will happen after my surgery?

After your surgery, you will go to the Postoperative Anesthesia Care Unit, called the PACU. PACU nurses will be with you to monitor your vital signs (blood pressure, heart rate, and oxygen levels). Your PACU nurse will also give you any medicines you need to keep you as comfortable as possible. Your HonorHealth care team will update your family on how you are doing.



When it is safe, you will be moved to a post-operative unit in the hospital for your recovery or you may be going home depending on your surgery. It is important for you to get out of bed, sit in a chair, and walk as soon as possible. If you stay in the hospital, a nurse will help you move around safely. Medications you are given during surgery will make you at risk for falls, so for your safety we ask that you use a call-light to ask for help.

If any bladder catheters or tubes are placed by the surgeon, they will be removed as soon as possible. Your HonorHealth team will tell you when you can start drinking fluids and eating solid food again. Your healthcare team will tell you when it is safe for you to go home.

Reference: [ERAS patient info. \(n.d.\). Retrieved from http://erassociety.org/patients/](http://erassociety.org/patients/)