

Enhanced Recovery After Surgery (ERAS)

A Patient's Guide

Helping You Recover Faster After Surgery

The Enhanced Recovery After Surgery (ERAS) approach to surgery at Florida Hospital Tampa requires you to play an important and active role in your healing process. Patients who participate in ERAS usually leave the hospital sooner, recover more quickly and experience a reduction in the side effects of surgery. The goal is for you to have a positive experience and that starts with knowing what to expect.

The ERAS program consists of 4 steps:

- Preparing for surgery
- Day-of-surgery steps
- Postsurgical hospital recovery
- Healing after you leave the hospital

The following will help you get ready for your surgical experience in order to promote faster, safer healing.

Your First Clinical Visit

- Your surgery will be scheduled.
- Preoperative education about what to expect may start on this day.
- If additional tests or studies need to be performed (cardiac/pulmonary/radiologic), they will be scheduled and completed before surgery.
- If applicable, your surgeon will discuss smoking and alcohol cessation with you.
- You will be encouraged to increase your activity level to assist with recovery.
- If applicable, your physician may suggest a weight loss program and diet plan.
- Your surgeon may prescribe an immune boosting nutritional drink to enhance recovery, take as directed.
- Diet and nutrition are key to recovery, both before and after surgery. Follow the instructions provided by your surgeon to assist with recovery.

Preoperative Admission Testing

- This appointment at the hospital is usually 5-14 days prior to your scheduled operation.
- You will be issued an incentive spirometer (a breathing device used to improve lung function) and instructed on how and when to use it prior to your operation.
- If ordered, you will meet with a member of the anesthesia team who will discuss how your pain will be managed before, during and after your operation.

Day of Surgery

- When you arrive at the hospital, you will be directed to the pre-operative waiting area (front lobby) where you will check-in and start preparing for your surgery.
- Surgical site infection protocol will be administered which may include the following:
 - Chlorohexadine body wipes, oral rinse and teeth brushing
 - Providone intranasal swabs
- You will be given a gown and cap to change into to help control your body temperature during surgery.
- You may have a device placed on your legs (sequential compression pump) to help prevent deep vein thrombosis (DVT) and pulmonary embolism (PE) during surgery.
- Pain management may begin on this day.



Postoperative and Recovery Period

- When you arrive on the unit, various machines will monitor your vital signs.
- You may have lines and drains in place after surgery, they will be discontinued as ordered by your surgeon.
- Early mobilization is a key component to the ERAS program:
 - The night of your operation, you will be sitting up in your bed/chair.
 - The morning after your operation you will begin the mobilization protocol.
 - You will be out of your bed and in a chair for 6-8 hours per day.
 - You will work with Physical and/or Occupational Therapy and the goal is to have you walking the unit for up to 20 minutes, 4-5 times a day.
- To promote proper nutrition and hydration, your diet will be advanced as tolerated and ordered by the surgeon.
- Pain control is important to recovery:
 - As with any surgery, recovery will not be pain-free. However, the ERAS approach should control your pain well. Your doctors will work with you to decide the best pain control plan.
 - Some surgeons use a non-narcotic or combination therapy pain relief approach to manage your pain, which has been found to have many benefits to recovery.
 - Your specific pain management plan will be determined by your anesthesiologist and surgeon.

Hospital Discharge

Your doctor will decide when you can leave the hospital based on your ability to control your pain with oral medications, ability to tolerate activity, regain bowel function, tolerate your diet and follow your discharge plan.

- Your postoperative clinical visit will be scheduled prior to discharge (usually 7-10 days after hospital discharge).
- You will be given information to take home with you.
- Your care team may contact your primary care physician and/or referring physician or oncologist.

Once You Get Home

When you leave the hospital, it is important for you to do the following things to continue your recovery:

- Return to your surgeon for a follow-up appointment.
- Take your prescribed medications as directed.
- Continue to increase your activity.
- Follow the diet your surgeon recommended at discharge.

If you have any other questions regarding your surgery, please call your surgeon's office.

