

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

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, split between 3 meals. (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.</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>Drink only approved clear liquids up until 2 hours prior to scheduled arrival time for surgery.</p> <p>Approved clear liquids:</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. NOTE: Don't drink any other fluids after you finish the pre-surgery drink.</p> <p>If not given a pre-surgery drink, 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.	Continue your normal activity or walking.	
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 or Nicotine Use 	If you smoke, vape or chew tobacco, it is strongly recommended to stop IMMEDIATELY. Tobacco/nicotine use impacts recovery after surgery. It can weaken the immune system, reduce oxygen levels and slow the wound healing process.	Do not smoke/vape/chew at least 24 hours before your surgery.	If you stopped tobacco/nicotine use for surgery, don't start again after surgery. Your lungs and your body will thank you!

*Thank you for preparing for an enhanced recovery as soon as your surgery is scheduled.
We want you to have the best possible surgical experience!*