

# Enhancing your recovery experience

Enhanced recovery after surgery (ERAS) is based on the latest scientific evidence about surgical recovery. Our goal is to work with you to provide an improved surgical experience and get you back to normal as soon as possible after your surgery.

We will do this by adjusting our approach in how we manage your care before and after surgery. Unique areas of focus for ERAS include:

- Preparation for surgery
- Preoperative diet
- Nausea prevention
- Surgical techniques
- Mobility and rehabilitation
- Pain relief and anesthesia options.

If you have questions about this program, please contact your surgeon for more information.



If you have questions about this program, please contact your surgeon for more information.



1441 N. Beckley Ave.  
Dallas, TX 75203  
MethodistHealthSystem.org

1471 30024 0316



## Enhanced Recovery After Surgery (ERAS)

Best-practice guidelines for a successful surgery and recovery.



We make you our priority.

## Before surgery

- You will receive specific instructions about your medications and any additional preparations that are required during your visit with your surgeon.
- During your presurgery assessment visit at the hospital, an anesthesia provider will discuss pain control options and address any anesthetic concerns.

### One month before surgery

- Try to increase your physical activity. Set reasonable goals and keep your routine simple.
- Talk to your physician about options to stop smoking.

### 2 weeks before surgery

- Good nutrition is necessary to aid in your recovery after surgery. We recommend drinking two protein drinks per day (per your surgeon's instructions). Patients who have diabetes may need to monitor their sugar level more frequently than usual and may need additional insulin during this time.

### 24 hours before surgery

- Do not drink alcohol.

### The night before surgery

- You can eat a regular meal the night before up to 10 p.m., unless instructed otherwise by your surgeon.
- Drink two glasses of clear liquids (such as Clearfast, Gatorade, tea, or apple juice) before bedtime.
- No solids after midnight the day of surgery, but drink clear liquids up to two to four hours prior to your scheduled surgery time.

### 2½ hours before surgery

- Arrive 2½ hours before your scheduled surgery. Check in at Outpatient Services located on the 2nd floor of Pavilion 2. Park in Garage A.

## After surgery

- Please bring a few packs of your favorite chewing gum with you to the hospital. You will be encouraged to chew gum once you have arrived on the post-surgical ward in an effort to stimulate your digestive tract.
- On the day of surgery, we will get you up in a chair as soon as possible.
- The day after surgery, we will assist you in walking in the halls.
- You will receive instructions related to deep-breathing exercises.
- Our goal will be to transition you to oral medications as soon as possible.

**BACK AT HOME — You may need additional help from family and friends for the first few days, so please make plans for extra help at home.**

## Discharge home

You should be ready for discharge when:

- You are able to eat solid food and drink fluids
- Your pain is controlled with a pill regimen you can take at home
- You are able to walk around the unit with little or no assistance
- You are able to use the bathroom without difficulty.

Before you leave the hospital, your doctor and a nurse will review your written discharge instructions with you.

