

**Methodist Dallas Medical Center  
Enhanced Recovery  
After Surgery  
(ERAS)**



# Helpful Phone Numbers

- Methodist Dallas Main Operator 214-947-8181
- Outpatient Registration (2nd floor Pavilion II) 214-947-3440
- PreSurgery Assessment Center (Pavilion II) 214-947-3888
- Radiology Scheduling 214-947-3441
- Hospital Billing 214-947-6300
- 8 Schenkel Tower Nurses Statio 217-947-8099
- 9 Schenkel Tower Nurses Station 214-947-9099
- 10 Schenkel Tower Nurses Station 214-947-1099
- 4 Schenkel Tower Nurses Station 214-947-4099
- ICU (4th floor Sammons Tower) 214-947-3399
- Cancelling, days prior to surgery *contact your surgeon*
- Cancelling, morning of surgery 214-933-6308

Surgeon: \_\_\_\_\_

Office phone: \_\_\_\_\_

Scheduled surgery date: \_\_\_\_\_

Please arrive at the hospital by: \_\_\_\_\_

**Please check in at  
Outpatient Registration  
on the 2<sup>nd</sup> floor,  
next to Pavilion II Garage.**

# Enhanced Recovery After Surgery (ERAS) Guide

**We are excited to join your team!**

Enhanced recovery after surgery (ERAS) is an evidence-based recovery program developed to minimize the stress of surgery on your body, which may result in a shorter hospital stay than conventional methods. The ERAS approach encourages you to drink fluids up to 2 hours before surgery, as well as emphasizes early movement and walking, improving pain control, and is geared to get you back to normal as soon as possible after your surgery.

Unique areas of focus for ERAS include:

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

# How to prepare for your surgery

- **Nutrition** plays a key role in helping your body to recover from surgery. It is important that you begin to prepare your body for surgery several weeks prior to your scheduled surgery date.
- We encourage you to increase your **protein intake** (e.g., via a protein drink or your usual food source) starting at least 2 weeks before your surgery. This will help to prepare your body for surgery.
- It is important that you try to make yourself as fit as possible before surgery by **exercising daily** or as much as you are able to tolerate. Please keep your routine simple and set realistic goals.
- We strongly recommend that you **stop smoking** at least **1 month** before your surgery in order to decrease the risk of serious complications during and after surgery.
- **Do not drink alcohol** for **24 hours** prior to your surgery.
- **Prepare your home in advance.** You may need additional help from family and friends, for the first few days, with meals, chores, bathing, etc., so please make arrangements with your support system at home.
- **Vitamins and herbal supplements** should be stopped 2 weeks before your procedure.
- **Please stop all NSAIDs (Ibuprofen/Motrin/Aleve/Midol/Aspirin products: Bayer, Excedrin, Alka-Seltzer, BC powder, cold and flu medications & Pepto-Bismol) 1 week prior to surgery.** If you are taking other anticoagulants such as Coumadin (Warfarin)/Eliquis/ or Argatroban, please prepare a medication list to discuss with your surgeon, during your preoperative visit.

## Preoperative call and visit

- About 3-5 days before surgery, you will receive a call from a nurse from our Pre-surgery Assessment Center to discuss your past medical history.
- Your physician may recommend that you visit the Pre-Surgery Assessment Center (PAC) **(1st floor of Pavilion II, around the corner from the Women's Imaging Center, near the entrance leading to Pavilion III Garage)** for a physical examination and counseling. Please call 214-947-3888 for assistance.

## Before Surgery

- Please shower with the antibacterial soap (chlorhexidine) before you go to bed and again in the morning to cleanse your skin and decrease the risk for infection.
- Stop eating solid food at midnight. **You may have only clear liquids (Examples include: chicken broth, Jell-O, water, Clearfast, Gatorade, and apple juice) up to 2 hours before your scheduled procedure.**

## Carbohydrate Loading Drink

- **The day before surgery, please drink 1 bottle of the Clearfast or Gatorade at bedtime.**
- You may continue to drink additional **clear liquids** throughout the night. Avoid red colored drinks. **Please drink the last bottle of Clearfast or Gatorade the morning of surgery, up to 2 hours before your scheduled procedure time** (for example, 5 am for a 7 am scheduled surgery).

## Day of Surgery

- Arrive 2 hours before your surgery. This will give you time to visit the registration department and allow the staff enough time to carry out the needed task to ensure you are ready for surgery.
- **Report to Outpatient Registration (2nd floor in Pavilion II).** You may **park in Pavilion II garage or Pavilion III garage** and follow the signs to Pavilion II.
- Bring your CPAP, if you use one. Please label it with your name.
- Please bring a package of your favorite gum or hard candy for use after surgery. **Do Not** chew gum, eat hard candy, or use chewing tobacco the morning of surgery. Do not smoke the morning of surgery.
- Please bring a copy of your **Advanced Directive**, if you have completed one.

## After Surgery

- Depending on the type of procedure, you may have a drain or urinary catheter. Your surgeon will decide when the device can be removed.
- You will be asked to begin chewing gum or snack on hard candy, once you are fully awake.
- You will be encouraged to use your incentive spirometer hourly, while awake.
- You will be encouraged to sit up in the chair with all meals.
- You will be encouraged to walk in the hallway 3-4 times a day.

**Always wait for staff to assist you, before getting out of bed, until you have been instructed by your nurse that it is ok to walk unassisted.**

# Pain Expectations and Management

Once you are able to eat a solid diet, you will receive oral pain medications to treat your pain. In addition to your ordered pain medication, your physician may order non-narcotic medications (**e.g., Tylenol, Ibuprofen and Gabapentanoids**) to assist with your pain relief. The combination can help to greatly improve pain relief, while reducing the amount of narcotics you may need and its related side effects (sedation, respiratory depression, dizziness, nausea and vomiting, increased tolerance and constipation).

## What kind of pain should I expect after surgery?

Everyone's pain experience after surgery is different and unpredictable. It depends on your tolerance to pain medication, previous experience, comorbidities, age, gender, type of surgery, and type of anesthetic used.

## Will I be pain-free?

We will work with you to establish a safe level of pain relief. Your discomfort level may not go down to 0 on the pain scale of 0 to 10, but we will do everything we can to make you as comfortable as possible, without over sedating you. Help us set a realistic pain goal for you.

## How can I participate in my pain management?

Ask about the schedule of your pain medicine. Please inform your nurse about your pain, before it becomes unbearable. Inform your nurse if your pain is not being well controlled. Consider the use of **alternative methods**, such as relaxation breathing exercises, music, hot or cold therapy or a change in position.

# Discharge Home

## You will be ready for discharge once:

- You are able to eat solid food and drink fluids on your own without the need for IV fluids
- Your pain is controlled with pain pills
- You are able to walk around the postsurgical floor with limited, or no assistance
- You are able to use the bathroom without difficulty

Please make arrangements for transportation home, prior to the day of discharge. We will try to have you discharged by noon.

## When to call your surgeon

Complications are not that common, but it is important to recognize them when they occur in order to better treat them.

### WHAT TO LOOK FOR:

- Fever greater than 100.5°F
- Severe or worsening pain unrelieved by medications
- Vomiting, inability to keep down fluids, or severe diarrhea
- Unable to pass gas for 24 hours or no bowel movement in three days
- If you have increasing fluid (*thick, cloudy, or foul smelling*) coming from your incision(s) or signs of skin infection (*redness, warmth and tenderness of the skin*)

**Please contact your surgeon's office  
in the event of  
suspected complication.**

**Call 911 if you think you are  
having any problems  
that you think are an emergency.**

**FOR MORE INFORMATION  
ABOUT YOUR PROCEDURE  
PLEASE VISIT OUR WEBSITE:**

**Steps:**

1. <http://www.methodisthealthsystem.org/dallas>
  2. Click Patient and Visitors tab
  3. Click Enhanced Recovery After Surgery (ERAS) Guides
  4. Choose the guide related to your procedure
- OR**
1. <http://www.methodisthealthsystem.org/Patients>
  2. Click ERAS Guides in the left column of the page
  3. Choose the guide related to your procedure

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# Dallas Campus Map



