

Enhanced Recovery After Surgery (ERAS) Program Instructions

What is ERAS?

Roswell Park's Enhanced Recovery After Surgery program offers a better, faster recovery and the chance to get back to your normal self as soon as possible after your surgery.

It is important that you follow the instructions given. While some before and after surgery instructions may be different from past experiences, studies show that the ERAS program improves the recovery process.

This kit may contain antiseptic (CHG) cloths with bathing instructions to lower the risk of infection and/or an incentive spirometer. The spirometer helps you to prevent pneumonia. Your nurse will show you how to use it.

Day Before/Day of Surgery – Food & Drink

- Full meals: eat any time before midnight the day before surgery. If your meal is in the early evening, we encourage you to have a snack before you go to bed.
- Do not eat/drink after midnight the night before surgery.
- Juice: **Drink the juice included in this kit 1 1/2 hours before your arrival time.** (The surgery team will call you the day before surgery and tell you what time to arrive at the hospital.)
- **Stop drinking once you've had your juice or your surgery may be delayed!**
- If you have certain medical conditions, these guidelines may change for you. This will be discussed during your appointment at the anesthesia perioperative evaluation center (APEC).

Day of Surgery – Medications

When you check into the ambulatory surgical center (ASC), a nurse will give you 3 medications. Taking them before surgery will help relieve pain after your operation. It can also help reduce or eliminate the need for opioid medications.

The medications are:

- acetaminophen (Tylenol®)
- celecoxib (Celebrex®)
- gabapentin (Neurontin®)

If you have a medical condition or allergy that would make any of these medications unsafe for you, you will not receive it.

Benefits of the ERAS Program

Action	Benefit
Drinking the juice provided by your doctor/nurse, at specific times before your operation...	helps your bowels recover after surgery and provides the nutrition you need to heal
Taking laxatives soon after surgery...	prevents constipation
Starting pain medication* before your surgery... (*Taken by mouth instead of given by IV/through a vein)	provides a head start on controlling postop pain, and enables you to get up and move soon after surgery
Getting out of bed soon after surgery – AND – Walking on day 1 after the surgery ...	helps prevent pneumonia and blood clots (called deep vein thromboses or DVTs)
Starting a normal diet on day 1 after surgery...	gives you the nutrition needed to heal faster