

Enhanced Recovery After Surgery (ERAS): Your personalized path to recovery

At HonorHealth, your comfort, safety and recovery come first. That's why your surgery and anesthesiology teams created a personalized care plan called Enhanced Recovery After Surgery (ERAS) – designed to help you feel your best before, during and after your procedure.

ERAS guides you through preparing your body for surgery, supports a smooth recovery, and helps you get home safely and sooner. You may notice a few changes from past surgeries – all part of a thoughtful approach designed to help you heal faster and return to your normal routine with confidence.

This care plan helps you:

- Spend fewer days in the hospital.
- Eat and drink again as soon as it's safe.
- Stay comfortable with well-managed pain.
- Feel heard and supported throughout your care.
- Get up and move within 24 hours.

After talking with your surgeon about your procedure, a member of your care team will walk you through your role in the ERAS plan.

On the day of your surgery, a nurse will place an IV to prepare you for anesthesia, and you may receive medicine to help manage any pain before your surgery. During your procedure, a team of doctors and nurses will be with you at all times, carefully monitoring your progress. Your anesthesiologist will give you medicines to keep you asleep and comfortable, and you may also receive medications to prevent nausea. We'll help you stay warm using blankets, warm IV fluids and air warmers.

ERAS care plans are designed to reduce side effects from pain medications – like drowsiness, confusion, nausea and constipation, so you can recover more comfortably and get home sooner.

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The main cause of pain after surgery is inflammation, so medications that reduce inflammation play a key role in your care plan on the day of your procedure. In the preoperative unit, **you may receive medications such as:**

- Tylenol (acetaminophen)
- Celebrex (celecoxib)
- Gabapentin (Neurontin)
- Toradol (ketorolac)

Small amounts of pain medication called opioids may also be part of your ERAS plan. Your surgical and anesthesia team will work with you to find the right combination of medicines for your surgery and your needs.

Your ERAS plan may also include other ways to ease discomfort, like:

- Ice or heat
- Local anesthetics
- Relaxation techniques
- Positioning for comfort

After your surgery, you'll go to the Postoperative Anesthesia Care Unit (PACU). PACU nurses will be by your side to monitor your vital signs, including blood pressure, heart rate and oxygen levels, and give any medicines you need to stay comfortable. Your HonorHealth care team will also keep your family updated on how you're doing.

When it's safe, you'll either move to a postoperative unit in the hospital to continue your recovery or go home, depending on your surgery. Getting out of bed, sitting in a chair and walking as soon as possible is an important part of healing. If you're staying in the hospital, a nurse will help you move safely.

Some medications given during surgery can increase your risk of falls, so please use your call light to ask for help. Any bladder catheters or tubes placed during surgery will be removed as soon as possible. Your care team will let you know when it's safe to start drinking fluids, eating solid food and ultimately, when you're ready to go home.

Your recovery is our top priority, and with the ERAS care plan, you're never on your own. From preparing your body before surgery to supporting you in the hospital and at home, your HonorHealth care team is here to help you heal safely, comfortably and as quickly as possible.

References

- *ERAS patient info. (n.d.). Retrieved from <http://erassociety.org/patients/>*