

Enhanced Recovery

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Enhanced recovery is care and education you will receive from the time your surgery is scheduled until you leave the hospital after your surgery. The goal of this care is to get you home sooner and help prevent infections after surgery.

Enhanced recovery focuses on:

- making sure you know what to expect before, during and after your surgery
- cleansing your skin before surgery
- controlling pain with little or no opioid pain medicines
- walking right after your surgery and often each day of your hospital stay
- drinking liquids as soon as possible after your surgery
- moving to a regular diet as soon as possible
- being able to go home on the third day after your surgery or earlier, if possible.

What to Expect

Your clinic appointment

During your clinic appointment, you will be given a packet that will include information on:

- how to cleanse your skin (SAGE® cleansing cloths)
- when to drink a nutritional supplement before your surgery (This drink will help give you energy so you can heal better after your surgery.)
- what to expect during your hospital stay (Care Map).

Before your surgery

- You will not be able to shave your body below your neck for 7 days before your surgery, unless your surgeon gives you other instructions.
- You will need to follow the instructions on how to cleanse your skin carefully. This will help prevent infections after your surgery.
- A nurse will call you 3 to 5 days before your surgery. They will:
 - review your information
 - review your instructions before surgery
 - talk about what will happen the day of surgery
 - answer any questions.

Day of your surgery

- You will drink a nutritional supplement before you arrive at the hospital. Follow the instructions given to you by your surgeon.
- Follow the instructions your surgeon gave you on when to stop eating and drinking before surgery.
- When you arrive at the hospital, you will be taken to the pre-surgery area.
 - An intravenous (IV) line will be started.
 - Your skin will be cleansed.
 - If you have hair on the area where surgery will be done, it will be clipped.
- You may have patches placed on your chest to monitor your IV fluid need during your surgery. Your nurse will talk more about the patches with you.

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After your surgery

- You will be taken to the recovery area until you are able to go to your hospital room. The time you spend in recovery will depend on how fast you recover from your anesthesia.
- When you get to your hospital room, your nurse will help you walk to your bed.
- You will have clear liquids after surgery.
- You will receive pain medicine as instructed by your surgeon.
 - It is common to have some pain after surgery. Your nurse will monitor your pain level often and help you manage the pain.
 - If you have pain, tell your nurse or surgeon.
 - You and your health care team will establish a “pain goal” – the amount of acceptable pain you can tolerate during your hospital stay.

Your hospital stay

- You will drink a nutritional supplement 4 times each day. This will help you get the nutrients and energy you need to heal faster.
- You will walk in the halls at least 4 times each day. This will help your normal bowel function return faster.
- Your diet will progress to a regular diet. Let your nurse know if you have started to pass gas or had a bowel movement.
- You will be given medicines to help prevent nausea (upset stomach) and help you have a bowel movement, if needed. This will help keep you from feeling sick or vomiting (throwing up). Tell your nurse if you feel sick.

When you go home

- You will follow-up with your surgeon, primary care provider or both.
- You will follow-up with your surgeon as instructed. They will tell you if you need to have your stitches or staples removed and when this will happen.
- Follow the instructions your surgeon gave you on how to care for your incisions.