



SURGICAL ASSOCIATES

## *Patient Guide for Surgery*

### **Enhanced Recovery After Surgery Protocol**

Your surgeon feels that you will be a good candidate for our enhanced recovery after surgery protocol. Evidence-based guidelines are utilized to help ensure that you will have the safest surgical procedure and recover as quickly as possible. The protocol uses both preoperative and postoperative methods to help achieve adequate pain control following your procedure. This is done by using alternatives to narcotic pain medication that still adequately control pain but also allow your GI function to return sooner, allowing for a quicker recovery.

#### **Goals of enhanced recovery after surgery protocol:**

- Use of **modern anesthesia techniques** to adequately control pain
- Promote **return of GI function** as soon as possible after surgery
- Concentrates on **non-narcotic pain control** methods for quicker recovery
- **Minimize complications**, including wound infections, blood clots and pneumonia



**\*\*Your procedure may be DELAYED or CANCELLED if you do not follow the instructions on the back of this page.\*\***

## Day Before Your Procedure

If you are having a bowel resection and are required to have a bowel preparation, **follow the instructions given to you** at your preoperative visit.

If you are not required to have a bowel preparation prior to your surgery, **stop all solid food prior to midnight the day before your procedure.**

**Shower the night before surgery** with an antibacterial soap which was given to you at your preoperative visit. If you purchase Hibiclens, use as directed.

## Morning of Your Procedure

You will **again take a shower** using the antibacterial soap provided by the Surgical Office. If you purchase Hibiclens, use as directed.

**\*\*Drink 20 oz of Gatorade or Powerade (not the low calorie or low sugar option). This needs to be FINISHED 2 hours prior to your scheduled arrival time at the hospital.\*\***

This helps with promoting earlier return of GI function as well as decreasing wound complications. You can drink this even if you are diabetic.

**Arrive at the hospital at the scheduled time.** You will meet with your surgeon and the anesthesiologist that morning.

## Ways You Can Help Make Your Surgery Safe and Successful

- Remain as **active as possible** before your surgery with daily exercise.
- Eat a **healthy diet** high in protein. This includes protein supplements such as Boost or Ensure.
- **Quit smoking.** Smoking greatly increases the risks of poor wound healing, wound infection and respiratory complications following surgery.