

## FREQUENTLY ASKED QUESTIONS

### Why is it important to drink a carbohydrate drink before surgery?

The carbohydrate drink gives you the energy you need during surgery to start healing. You'll also feel less hungry and thirsty.

### Why eat and drink soon after surgery?

Nutrition provides you with energy to help you heal and recover faster.

### Why should I sit up and walk soon after surgery?

Moving can prevent blood clots and pneumonia. It also helps you feel better. We'll help you sit in a chair and walk soon after surgery. When you go home, it is important to remain active every day.

### Do I need to take my pain medicine, even if I'm not in pain?

Yes. For the first few days after surgery, take pain medication as directed. This will help you stay ahead of the pain, move around, and heal faster. It's hard to manage pain if you miss a dose.

### Why is it important to take non opioid pain medicine?

Opioid pain medication should only be used for severe pain. With non-opioid medication, you will experience fewer negative side effects. These include confusion, nausea, delayed return of bowel function, constipation, and excessive sleepiness.

### Why do I need to quit tobacco?

Smoking slows healing and increases the risk of complications. Quitting before surgery can make a big difference in your recovery. Counseling and medicine to help you quit are available.

## WHAT IS ENHANCED RECOVERY?

ERAS, or Enhanced Recovery After Surgery, is a program to help prepare your body for surgery and recover safely.

ERAS supports faster recovery by reducing surgical stress on the body.

It may be different from care you have received in the past.

Patients who follow ERAS guidelines often have less pain and fewer complications such as infections or pneumonia. They also are able to return to their normal activities faster after surgery.

### Kaiser Permanente's advice nurses are here to help answer your questions.

Surgery advice nurses are available Monday–Friday, 8 a.m. to 5 p.m. at **1-844-398-CARE (2273) (toll free).**

After hours, contact advice nurses at: **1-800-813-2000.**

If you have an emergency medical condition, call 911 or go to the nearest hospital.

# ERAS

## Enhanced Recovery After Surgery



# ENHANCED RECOVERY AFTER SURGERY

GET UP!  
GET MOVING!  
GET BETTER!



Review these key features. Share them with family and friends.

## Before Surgery

**Partner with your health care team.** Enhanced Recovery After Surgery, or ERAS, provides a consistent way of managing your care. The goal is to reduce complications and help you return to what you love doing as smoothly as possible. It will help you stay strong, physically and mentally.

**Exercise.** Being active helps to prepare your body for surgery.

**Diet.** A healthy diet is essential for successful healing. Fruits, vegetables, lean protein and whole grains will fuel your body before and after surgery.

**Pre-op carbohydrate drink.** Carbohydrates give you energy to help start the healing process.

**Preparing your skin.** Prepping your skin prior to surgery helps reduce your risk for infection. Your health care team will give you detailed information on how to do this.

**Use the incentive spirometer.** You may be given an incentive spirometer. It will help you prevent pneumonia by exercising your lungs. Practice deep breathing and coughing before and after surgery, until you are up and moving for most of the day.

**Quit tobacco.** It's the best thing you can do now for a healthy recovery. Smoking makes it harder for the body to heal. We can help you quit. If you smoke, your surgery may be postponed.

## After Surgery

**Moving helps you heal.** Your health care team will help you begin moving soon after surgery. This is one of the most important steps in healing. It also reduces the risk of developing blood clots and pneumonia, and helps you avoid constipation.

**Pain management.** It is common to feel pain after surgery. Using a combination of both opioid and non-opioid pain medications, we will keep your pain level manageable. This helps your bowels recover faster, and makes it easier for you to do your breathing exercises and walk soon after surgery.

**Early eating.** Eating soon after surgery allows the bowels to recover more quickly. It gives you the nutrition your body needs for healing after surgery.

What questions do you have?

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