



Inclusion criteria

- Any patient undergoing major free flap surgery

Exclusion criteria

- Patients < 12 months of age

Contraindications for nerve catheter:

- Patient/family refusal
- Coagulopathy
- Active infection at site of catheter or bacteremia
- Local anesthetic allergy

Prior to surgery day

Patient scheduled for major free flap surgery

Outpatient

Inpatient

Pre-Admission Testing (PAT)

All outpatients to have PAT visit

Introduction to ERAS principles

- Discuss** anesthesia plan, including multimodal analgesia with nerve catheters (or PNB if nerve catheters are **contraindicated**)
- Verify** plan for obtaining pre op labs (surgery team to have previously ordered)
 - CBC, BMP, prealbumin, LFTs, coags (PT/PTT/INR), ferritin, vitamin D, vitamin B12, magnesium, phosphate
 - Type & screen

Review medication instructions

Provide

- Diet instructions (carbohydrate-rich drink up to 2 hours prior to surgery)
- [ERAS overview handout \(English\)](#)
- [ERAS overview handout \(Spanish\)](#)

Medications to be ordered in PAT

- Midazolam as indicated

Nutrition Consult

- Nutrition should see all patients pre-operatively
- Surgery will order consultation
- Will schedule to see same day as PAT visit

- If inpatient and scheduled for surgery, then Anesthesia APRN will complete the pre-anesthesia workup and notify APS APRN for awareness

Nutrition Consult

- Nutrition should see all Free Flap patients pre-operatively
- Surgery will order consultation
- Nutrition consult completed at bedside prior to surgery

Prep for surgery

48 hours prior to surgery date:

SDS calls caregiver for surgery time, NPO times, and reminder for carbohydrate-rich last PO intake

Abbreviations:

APS = Anesthesia Pain Service
ERAS = Enhanced Recovery After Surgery
NPO = Nothing by mouth
PICU = Pediatric Intensive Care Unit
PNB = Peripheral Nerve Block
SDS = Same Day Surgery

[Free Flap ERAS: Preoperative to Intraoperative Algorithm](#)