



ERAS

Enhanced Recovery After Surgery Clinical Pathway

The ERAS program helps to:

-  Promote overall healing from surgery
-  Improve pain management
-  Reduce possible surgery complications
-  Decrease recovery time
-  Improve communication between care teams

<p>BEFORE SURGERY</p>	<ul style="list-style-type: none"> ✓ Sign up for the patient portal. ✓ Attend all clinic appointments scheduled for you before surgery. ✓ Complete pre-surgery anesthesia evaluation and education with PAT clinic if required. 	 <p>HOME</p>
<p>DAY OF SURGERY</p>	<ul style="list-style-type: none"> ✓ Start to drink a clear, non-carbonated, sugar/electrolyte liquid (like regular Gatorade) 2-3 hours before surgery (a normal amount for your child). ✓ <i>Be finished with that clear drink 2 hours before surgery start time.</i> ✓ Medication may be given before surgery to help with anxiety, nausea/vomiting, or pain. 	 <p>SAME DAY SURGERY AREA</p>
<p>DURING SURGERY</p>	<ul style="list-style-type: none"> ✓ Use different methods to treat pain and reduce the need for stronger medicines (like opioids). ✓ Give medicine to prevent nausea, vomiting, and confusion after surgery. ✓ Keep your child's body temperature as normal as possible. ✓ Limit amount of fluid or blood products given through intravenous (IV) lines. 	 <p>OPERATING ROOM</p>
<p>AFTER SURGERY</p>	<ul style="list-style-type: none"> ✓ Change from IV to oral pain medicine sooner; continue using other approaches to treat pain. ✓ Remove tubes and lines more quickly. ✓ Focused return to normal diet and activity levels to get home sooner. ✓ If admitted to ICU area, move to a regular hospital room as soon as possible. 	 <p>RECOVERY</p>
<p>FOLLOW UP</p>	<ul style="list-style-type: none"> ✓ Monitor healing and recovery, including the appearance of any surgical sites. ✓ Follow recommended treatments for pain control. ✓ Go to scheduled follow-up clinic visits. ✓ You may be asked to fill out a survey about your hospital experience. 	 <p>HOME</p>