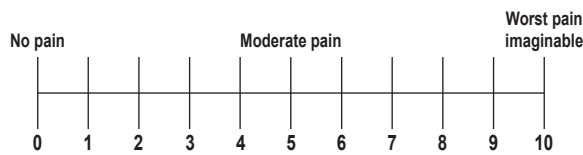


Congratulations you are now in the ERAS, enhanced Recovery After Surgery Program!

This is a modified approach to the traditional treatment. Your healthcare team and you will work together to minimize the effect of any surgical operation; reducing risks of complications and supporting a speedy recovery. You are the TEAM LEADER! Let your team know what you need and how they can assist you.

To Begin: Our transport team will take you from your hospital room to the preoperative area.

- Relatives and caregivers will be asked to remain in the family waiting area until we prepare you for your procedure. The nurses will have them join you in your private, preoperative room when you are ready.
- For your safety, you may be asked multiple times for your name and birth date.
- Your preoperative nurse and technician will perform many tasks to get you ready for your surgery.
- Your anesthesiologist will introduce themselves and ask questions to better assist them in providing your care. They will discuss a plan for your anesthesia and pain control during and after your procedure.
- Your surgical team will introduce themselves in the preoperative area before taking you into the surgery suite. Your family and friends will be asked to return to the family waiting area. Your surgeon will meet with them while you are in the recovery room.
- To help speed your recovery, we ask that you think about your level of pain. The doctors and nurses count on you to tell them if you are having pain. There is no test to measure pain. Instead we will ask that you tell us about your pain in one of the following ways:



*Wong-Baker FACES Pain Rating Scale**



- You will meet more of your team in the recovery area and as you arrive to your hospital room.
- Your pain management is a multimodal approach using medicines (acetaminophen/Tylenol, non-steroidal anti-inflammatory/motrin, norco, etc.), as well as non-pharmacological methods (heat/cold application, massage, relaxation techniques, etc.). Please let your team know what is working and what is not. Pain medications can cause constipation so you may need a laxative also. They will individualize your plan of care to make you comfortable.

AS YOU RECOVER:

- Your nursing team on the floor will provide you with medications and daily care as they monitor your vital signs, diet, and activity. Together you will develop a pain management plan.
- You will be up in a chair within 24 hours and walking soon after. Walking can decrease your risk of developing complications (pneumonia, blood clots, etc.).
- You will be given clear liquids within the first 24 hours and if your body is ready you can increase to solid food by the second day. Let your nurse know if you are passing gas or feeling the need to have a bowel movement.
- Some patients may need help to walk because of tubes and IVs; just ask your team to help you!
- Remember to do your deep breathing exercises with your spirometer frequently!

BEFORE YOU GO HOME:

- Involve family/caregiver for support that you may need at home; a case manager will discuss this before you go home.
- Your nurse will make sure your pain management plan is to your satisfaction before discharge.
- You should be eating without nausea.
- Your walking should be at a comfortable level to allow you independent mobility.
- Discharge instructions will be given to you verbally and written; this will include follow-up appointments and wound care instructions.

Thank you for choosing McLaren Macomb as your Hospital of choice!