ENHANCED RECOVERY AFTER SURGERY

Getting Ready for Surgery with ERAS

Enhanced Recovery After Surgery (ERAS) is a set of tools used by you (the patient) and your care team (doctors, nurses, medical assistants, and more) to help you:

- Get ready for surgery.
- Get back to normal health after surgery.

This packet is made to help you get ready for surgery physically, mentally, and emotionally.

The Central Health surgery scheduling team will confirm your surgery date.

The day before surgery, the ambulatory surgery center will call you to provide your arrival time and surgery time.

Write these details down below to help you keep track.

Your surgeon's name: _____

Surgery date: _____ Surgery time: _____ Arrival time: _____

If you have questions at any point, call the Central Health Navigation Center at 512.978.8130, Option 2. They will help you get in touch with the right person.

CENTRAL HEALTH

Questions for your care team

How long do you expect surgery to last?

Will I be going home after surgery or staying in the hospital?

When can I eat again after surgery?

Will I wake up with any tubes (like a catheter in my bladder, a tube in my nose, or a drainage tube somewhere else)? When will they come out?

When can I go back to work? Will there be things I cannot do after surgery? For how long?

Can you give me a work note?

How long will I have pain after surgery?

When can I shower after surgery?

When can I drive after surgery?

Write down any other questions you have for your care team below.

Before surgery

Train for surgery – starting today!

- Walk at least 30 minutes per day, total. Some ways to do this:
  - Walk up the stairs instead of taking the elevator
  - Park in the furthest parking spot from the door
  - Walk around the grocery store or the mall twice before you check out
- Eat a healthy diet
  - Drink water instead of soda, juice or other sweetened drinks
  - Add a serving of vegetables to your plate every day – frozen vegetables are just as healthy as fresh and are more affordable
  - Talk to your doctor about whether you might benefit from extra protein
- Quit smoking cigarettes, smoking marijuana, or vaping for at least four weeks before surgery
  - Ask your doctor for help
  - This helps your lungs get ready for anesthesia, and helps your tissues heal after surgery
  - If quitting completely is too hard, cut back as much as you can

Pre-operative testing

At least two weeks before surgery, go for preoperative testing if you didn't complete it at your consultation visit. Your preoperative testing is specific to you – make sure you ask your team if you have any questions.

- Bloodwork
- EKG
- Medical clearance/pre-operative education visit: _____
  - Your appointment is on: _____ at _____ a.m./p.m.
- Specialty clearance: _____
  - Your appointment is on: _____ at _____ a.m./p.m.

Alcohol

Cut back on alcohol.

Suboxone or methadone

Tell your surgeon if you are taking suboxone or methadone so we can make a plan for your medication management and post-operative pain medications.

Recreational drugs

Stop using any recreational drugs at least 10 days before surgery.

Support person

Choose your 'support person' to come with you on the day of surgery. You will need to have an adult over the age of 18 come with you to take you home and stay with you overnight the first night after surgery.

- Tell the surgery scheduler if you need a ride, or if having someone stay with you will be a problem. They can tell you about other options.

Surgery details

The Central Health surgical scheduling team will contact you to confirm your surgical date.

- Surgery times are not finalized until the day before
- The Ambulatory Surgery Center will contact you one business day before surgery to give you your surgery time and arrival time.

Insulin

If you take insulin, make sure you know how much to take the night before surgery and the morning of surgery. Depending on your dosing, your surgeon may ask you to see a specialist to help manage this.

One week before surgery

On _____ (date), you should:

- Stop taking medications called "NSAIDs," including Advil, Motrin, Ibuprofen, Aleve, Naproxen, Aspirin
- Stop taking GLP-1 medications (for example: Ozempic, Wegovy, Semaglutide, Liraglutidlutide, Victoza, Saxenda, Dulaglutide, Trulicity, Mounjaro, Zepbound, Tirzepatide)
  - These slow down how fast your stomach empties and increase your risk of anesthesia, so please let your doctor know if you are taking them

Five days before surgery

On _____ (date), you need to:

- Stop taking Clopidogrel, Plavix, or Warfarin unless your surgeon tells you differently.

The day before surgery

On _____ (date), you need to:

Relax

Do something you enjoy that will help you relax: go for a walk with friends, spend time with your family, watch your favorite show, or take a nap.

Expect a call

The surgery center will call you and give you your arrival time and surgery time.

- Write these details down on the front page of this book.
- If you are having surgery on a Monday, they will call you the Friday before.

Eat a regular dinner

- After midnight, you can only drink clear liquids (for example: water, broth, ginger ale, apple juice).
- After midnight, do not eat or drink anything you cannot see through (for example, do not eat: pudding, coffee or tea with cream, cream of wheat, oatmeal).

Nail polish

Remove all nail polish.

Take a shower

- Wash your body with soap and water.
- Clean out your belly button as best as you can.
- Turn off the water and apply the Hibiclens skin cleanser on your surgical site using a clean washcloth. Let it stay on your skin for five (5) minutes. Then, turn the water back on and rinse the Hibiclens off completely with warm water.
  - Surgical site for gallbladder surgery = your abdomen and lower chest.
  - Surgical site for abdominal wall hernia surgery = your abdomen and lower chest.
  - Surgical site for inguinal hernia surgery = the lower abdomen, the groin on the side of the hernia, and the scrotum.
- Pat your skin dry with a clean towel.
- Do not put on any lotions, ointments, creams, or powders.

Set reminders

Set an alarm to remind you to finish drinking your Ensure carbohydrate bottle at least two (2) hours before your arrival time.

- Arrival time: _____
- I will take my last sip at: _____
- I will get up at: _____ (Do not forget to set your alarm.)

Day of surgery

Finish clear liquids

Finish your Ensure carbohydrate drink and any other clear liquids at least two (2) hours before your surgery arrival time.

- If you were told to arrive at 7 a.m., you need to have your last sip of any liquids at 5 a.m.
- If you forgot to drink your Ensure carbohydrate drink or other liquids, that is OK. Do not drink anything after this time. You will get fluids through your vein as needed when you get to the surgery center.

No gum or candy

Do not chew gum or suck on hard candies or cough drops on the morning of your surgery.

Comfortable clothes

Wear comfortable clothes, glasses, and hearing aids.

- Do not wear makeup, contact lenses, or jewelry.
- Be ready to remove any piercings or rings.

Do not forget to bring:

- Your MAP/health insurance card.
- A list of your current medications.
- One form of legal identification with a picture.
- Any co-payment that you owe.

Medication instructions

Do take the following medications on the day of surgery with a sip of water.	**Do not** take the following medications on the day of your surgery.

What to expect when you arrive

When you arrive at the surgery center:

- You will check in and meet the members of your surgery team: nurses, surgeon, anesthesiologist, and/or nurse anesthetist.
- You will be asked many times to say your name, date of birth, and what operation you are having. This is to keep you safe.
- The nurses will help you use chlorhexidine wipes (cleaning wipes to help get rid of the bacteria on your body).
- Your family will be able to stay with you in the pre-surgical area. They will be asked to go to the waiting room when it is time for you to go back to the operating room.

After surgery, your nurses will go over your post-surgical care instructions with you and your support person. You will also get a handout with these instructions, so you can refer to them once you get home.

If you have questions at any point, call the Central Health Navigation Center at 512.978.8130, option 2. They will help you get in touch with the right person.



When to call your care team

For urgent concerns, call 512.978.8130. They are available 24 hours a day, 7 days a week. When you call, be sure to say you are a Central Health patient and tell them your surgeon's name. Our Central Health general surgeons are Dr. Catie Mavroudis (female) and Dr. Jawad Ali (male).

For medical emergencies, call 911 or go to the nearest Emergency Room (ER).

- If you are a MAP member and need to go to the ER, these hospitals accept MAP:
  - Dell Seton Medical Center at the University of Texas
    1500 Red River St.
  - Ascension Seton Medical Center Austin
    1201 W. 38th St.
  - Ascension Seton Northwest
    11113 Research Blvd.

- If you are a MAP Basic member and need to go to the ER or hospital, present your MAP Basic card and ask for charity care. If you get a bill, call Central Health member services at 512.978.8130, option 3, for help.