

Duke University Hospital

Perioperative Anesthesia & Surgery Screening (PASS)

Enhanced Recovery after Surgery (ERAS)



Patient Education

These instructions are for before and after surgery to explain parts of your care that will help make your recovery smoother.

Week(s) Before Your Surgery: Getting Ready

- To improve your general health prior to surgery we ask that you stop smoking, reduce or stop drinking alcohol, and increase your activity and exercise every day.
- Take any medicines or supplements suggested by your doctor.
- You may have tests done such as X-ray, blood work, or an electrocardiogram (EKG) as ordered by your provider.

The Day Before Surgery

- Food:** Do not eat anything (including gum or candy) after midnight the night before surgery.
- Drink:** Please drink at least 12 ounces of water before midnight on the night before surgery. You may drink clear liquids until 1 hour before you arrive at the hospital.
- Shower:** You may be given an antibacterial soap to use when you shower the night before surgery and the morning of surgery. This helps to prevent infections.

The Day of Surgery: What Should I Do?

- Special Carbohydrate Drink:** You may be given a special carbohydrate drink to drink the morning of your surgery. This drink helps you recover from surgery by making you less thirsty, controlling your blood sugar, and maintaining your muscle strength.
 - Drink this **1 hour** before you come to the hospital. You need to finish this drink within 15 minutes of opening the bottle. Do not sip the drink. Bring the bottle with you to the preoperative area to show to the nursing staff.
- Bring non-skid slippers and **chewing gum**.
- Shower using the antibacterial soap if instructed.
- You may be given pain medicine to take by mouth before your surgery starts.



After the Surgery: What Should I Expect?

- Our staff will help you **get out of bed as early as the day of your surgery**. Moving is very important to prevent blood clots, breathing problems, and to get your bowels moving.
- Every day you will need to **walk at least 4 times** a day and sit in a chair for all meals.
- You may start drinking fluids and eating solid food as soon as you feel able, unless otherwise instructed.
- You and your surgery team will make a plan to keep you comfortable. You will be asked about your pain level on a scale of 0-10 (0 = no pain; 10 = the worst pain you have ever had).
- You will **wear leg sleeves that inflate and deflate in the bed**. These help prevent blood clots. You may be given a blood thinner (enoxaparin) to inject once you are at home for a certain period of time to help prevent blood clots.
- We ask that you **chew gum** 2-3 times a day. This helps wake up your stomach and bowels after surgery.
- You will do **deep breathing exercises** every 1-2 hours while you are awake with a device called an incentive spirometer. This helps help prevent pneumonia.
- Blood sugar tests** will be done several times by finger stick for the first day after surgery.