Preparation for Enhanced Recovery after Open Surgery

Prior to Surgery

- You may be given a short exercise regimen to help prepare for surgery. Please do the exercises as instructed.
- On the day before surgery there are no dietary restrictions and you may eat what you like.
- Starting at midnight before your surgery, you may continue to drink clear liquids only.
- If you were given Boost Breeze®, a carbohydrate rich beverage, you should consume it between 2 and 4 hours prior to arrival.
- You can substitute 16oz of Gatorade® or filtered apple juice for Boost Breeze® if you do not have it.
- You must stop drinking 2 hours prior to arrival. If you continue to drink, or drink anything other than water or Boost Breeze® between midnight and 2 hours prior to your arrival, your surgery will be canceled for safety reasons.

The Evening of Surgery

- Your nurse will help you out of bed 6 hours after surgery.
- Your bladder catheter will likely be removed 6 hours after surgery and you will be able to urinate on your own.
- To optimally control your pain, we will likely recommend that you receive an epidural catheter to deliver pain medications. The anesthesia doctors will review this procedure with you before surgery.

Your Hospital Stay after Surgery

- In most cases, you will be able to eat what you like on the day following your surgery.
- You will be given a nutritional drink (Nestle Impact®) to help reduce the risk of wound infections. Drink this three times daily.
- We will update you and your family about the likely day of discharge from the hospital.
- A responsible adult must be available on the morning of hospital discharge to receive instructions about your care and drive you home.
- Depending on your type of surgery, your surgeon may ask that you use an injectable medicine at home to prevent blood clots. On the morning after surgery, a nurse will instruct you or a family member on how to give yourself these shots for four weeks after surgery.

Home

- You will be sore after surgery and may need to take pain medications.
- You should consider having a family member or friend assist you at home as you recover.
- Some people may need additional rehabilitation outside of the hospital. We will determine if this is needed in the hospital and will arrange this for you prior to your discharge.
- You will be able to reach your surgeon’s office by phone if you have concerns at 415-353-9600.