

## Preparation for Enhanced Recovery after Open Surgery

### Prior to Surgery

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- 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

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- 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

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- 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

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- 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