



Thank you for choosing Eminent Medical Center for your surgical care. At EMC we put your safety and surgery outcome in the highest regard. We have put together a program that follows the most recent evidence-based protocols and the Enhanced Recovery After Surgery (ERAS) guidelines to ensure your recovery is smooth and without complications.

## WITH THE ERAS PROTOCOL, WE STRIVE TO PREPARE YOU FOR SURGERY AND RECOVERY AS QUICKLY AS POSSIBLE.

Below are some of the ways in which this is done:

- ✓ **PROVIDING EDUCATION EACH STEP OF THE WAY**  
We want you to feel like you have a resource for any questions you might have.
- ✓ **GETTING YOUR PAIN UNDER CONTROL**  
We use the most current guidelines to make sure that your pain is managed so you can get back on your feet sooner.
- ✓ **ALLOWING YOU TO EAT AND DRINK SOONER**  
Not only will you be allowed to eat and drink closer to the time of your surgery; we also want to make sure we get you eating and drinking as soon as it's safe after your surgery too.
- ✓ **HELPING YOU GET OUT OF BED**  
We want to get you up and going as soon as possible after your surgery. Most of the time it's the same day!
- ✓ **DECREASING YOUR LENGTH OF STAY**  
The best healing happens at home in your own bed. We try our hardest to make sure you are safe, ready to get back to your own home, and on the road to a great recovery.

SCAN FOR



INSTRUCTIONAL  
VIDEO

ONE DAY BEFORE SURGERY	DAY OF SURGERY	AFTER SURGERY
<p><b>DIET:</b> Try to increase your water intake in the days leading up to surgery.</p> <p>Eat a regular diet in the days before your surgery.</p> <p>For patients with diabetes and/or prior gastric surgery, you can drink water up to 3 hours before your surgery. No sugary drinks up to 8 hours before your surgery.</p> <p>For patients without diabetes and/or with no history of gastric surgery, we recommend that you drink one 20 oz. bottle of a Regular Gatorade (<b>non-red and non-sugar free</b>) 3 hours before your surgery.</p> <p>You may be called by a nurse or our nutritionist to discuss these.</p> <p>Your surgeon may prescribe antiseptic wash. If so, follow instructions.</p>	<p style="text-align: center;"><b>MORNING OF SURGERY</b></p> <p>Follow the instructions your anesthesia provider gave you the night before your surgery.</p> <p>If your doctor gave you instructions on using an antiseptic cleanser, follow those instructions.</p> <p>Leave your valuables at home and bring only the medications that the EMC staff has asked you to bring on the day of your surgery.</p> <p>Do not use any makeup, deodorant, or lotion the day of surgery.</p> <p style="text-align: center;"><b>AT THE HOSPITAL</b></p> <p>When you go back to Pre-Op, you will be asked to confirm your medical history, last dose of medication, and the last time you ate and drank. You will then change into a hospital gown and get prepped for surgery.</p> <p style="text-align: center;"><b>RECOVERY</b></p> <p>After surgery you will go to the recovery room where you will start to wake up and get ready to be transferred to your room.</p> <p style="text-align: center;"><b>TRANSFERRED TO YOUR ROOM</b></p> <p><b>TELL YOUR NURSE IF YOUR PAIN IS ABOVE 4</b></p> <p><b>MAIN GOALS</b> Begin Walking   Pain Control Eating and Drinking   Control Nausea</p> <p><b>DIET</b> You will start off with clear liquids and be on a regular diet as soon as tolerated.</p> <p><b>MEDICATION</b> You will receive medications to control your pain. Your medication will be given by IV or by mouth. You will also be given medications to control any nausea or vomiting you may have.</p> <p>After surgery you may have:</p> <ul style="list-style-type: none"> <li>- Support Stockings and/or Compression Devices</li> <li>- Surgical Drain</li> <li>- Assistive Device (i.e., Brace, Splint, or Walker)</li> <li>- Ice Pack/Cold Therapy to Surgical Area</li> <li>- Catheter to Collect Your Urine</li> </ul>	<p style="text-align: center;"><b>ALWAYS CALL FOR ASSISTANCE BEFORE GETTING OUT OF BED</b></p> <p><b>MAIN GOALS</b></p> <ul style="list-style-type: none"> <li>- Removal of Urine Catheter</li> <li>- Increase Activity</li> <li>- Walk Further and Often</li> <li>- Learn Use of Assistive Device</li> <li>- Ways to Manage Pain</li> <li>- Plan for Discharge</li> </ul> <p><b>MEDICATION</b> Expect pain medication to be given by mouth.</p> <p><b>EXERCISE/THERAPY</b></p> <ul style="list-style-type: none"> <li>- Dress in Clothing from Home</li> <li>- Physical Therapy Until Cleared</li> <li>- Walk Twice In Addition to Physical Therapy</li> <li>- Up In Chair for All Meals</li> </ul> <p><b>HELP PREVENT COMPLICATIONS:</b></p> <ul style="list-style-type: none"> <li>- Coughing and Deep Breathing using Incentive Spirometer (10x per hour)</li> <li>- Get Up and Move</li> </ul> <p><b>DISCHARGE PLANS:</b> Nursing and Case Management will finalize the plan that was started prior to your surgery.</p> <p><b>GOING HOME:</b></p> <ul style="list-style-type: none"> <li>- You will need a support person in place to assist in your recovery and drive you home.</li> <li>- Nurse will review your written discharge instructions. This includes medications, how to take care of your wound, showering instructions, and when to notify your surgeon.</li> </ul> <p style="text-align: center;"><b>DISCHARGE</b></p> <ol style="list-style-type: none"> <li>1. Get your prescriptions filled.</li> <li>2. Keep all of your follow-up appointments.</li> <li>3. Follow your post discharge instructions.</li> <li>4. Eat high protein foods or drink a high-protein shake for 5-7 days after surgery.</li> <li>5. Contact your surgeon for any post discharge follow-up care.</li> </ol> <p style="text-align: center;"><b>IF YOU HAVE A MEDICAL EMERGENCY CALL 911 OR GO TO THE NEAREST ER</b></p>
<p><b>BREATHING EXERCISES:</b></p> <ol style="list-style-type: none"> <li>1. Breathe in slowly, inhale as deeply as possible</li> <li>2. Hold your breath 3-5 seconds</li> <li>3. Exhale slowly</li> <li>4. Rest for a few seconds and repeat 3 times</li> <li>5. Repeat Steps 1-4 five times per day until day of surgery</li> </ol>		