
Goals of ERAS: To involve you and your family in your recovery, to get you home as soon and as safe as possible and to improve the outcome and overall satisfaction of your surgical experience

Walk at least 15 mins/day to increase muscle tone and improve circulation. Exercise prepares your body for surgery and helps you heal faster.

Performing deep breathing exercises or using an incentive spirometer 3 times daily can help to improve lung capacity and can prevent pneumonia during your recovery period.

Stop smoking and/or vaping as soon as possible before your surgery. Beaumont can assist you in enrolling in a [smoking cessation program](#) by calling 1-313-593-5878 Option #4. Do NOT smoke or vape within 24 hours of your surgery.

A well-balanced diet that includes whole grains, healthy fats, fruits, vegetables, and lean proteins are important to promote healing following surgery. Hydration is also important. Increase daily water intake up to 8 glasses (6-8oz) before your surgery date.

Diabetes: It is important to have your sugar in good control before and after surgery as this reduces the risk of infection and helps the healing process. Purchase your day of surgery carbohydrate drink, as instructed, to be ready to drink it the morning of surgery.

Decrease stress and anxiety prior to surgery. Use strategies like meditation, guided imagery, or music therapy to relax you. You will tend to experience less pain, less tension, require less medication and possibly have a shorter stay in the hospital.

Start the 3 showers process 2 nights before surgery with the final shower on the morning of surgery. Use _____ (Hibiclens) with each shower, it is available at most pharmacies. The alternative soap is Dial Ant bacterial Body Wash.

_____ as this will prevent micro-nicks on your skin and decrease the risk of a post-operative infection at your surgical site.

Healthy diet until _____ the night before surgery, then _____ all solids and all dairy products. You may continue *clear fluids* including soda pop, black coffee, black tea, pulp-less juices until 2 hours prior to arrival the day of surgery.

A carbohydrate rich drink helps to stabilize blood sugar, reduces nausea and vomiting, provides extra hydration, and gives the body stamina while in the operating room. It may even decrease your hospital stay. If you attended the STTAR clinic and received the _____ *complete the drink 2 hours prior to arrival the day of surgery.* Acceptable alternatives include 12oz white or yellow Gatorade or 12oz of 100% White Grape juice.

_____ should _____ drink five (5) ounces of 100% White Grape juice as it has the least amount of sugar and is a better-balanced product for them.

_____ some degree of pain after surgery is normal. The goal is to use the lowest dose of opioids for the shortest amount of time.

_____ includes safer alternatives to opioids when possible. Over-the-counter medications and other methods of pain control like mindful breathing, meditation and music are encouraged.