

# Enhanced Recovery After Surgery (ERAS): *Best practice guidelines for a successful surgery and recovery*

	Weeks before surgery	Night before surgery	Morning the day of surgery	Postop	Day after surgery (until discharge)
<b>AT HOME</b>	<p>Stop smoking at least 1 month before surgery</p> <hr/> <p>Stop all herbal medications 2 weeks prior to surgery and other medications per instructions from your surgeon</p>	<p>Do not drink alcohol for 24 hours before surgery</p> <hr/> <p>Try to get a good night's rest prior to your surgery</p>	<p>Arrive 2½ hours before surgery</p> <hr/> <p>Bring gum to chew after surgery</p> <hr/> <p>Bring your medication list</p> <hr/> <p>Bring CPAP if you use one</p>	—	—
<b>DIET</b>	<p>Supplement your diet 2 weeks prior to surgery with 2 protein shakes a day (per your surgeon's instructions)</p>	<p>No solid food after midnight</p> <hr/> <p>Drink clear liquids throughout the night</p>	<p>Continue to drink clear liquids up to 2 hours before surgery</p>	<p>Chew gum to help stimulate your bowels</p> <hr/> <p>Surgeon will order your diet</p>	<p>Will be advanced as tolerated</p> <hr/> <p>Continue to chew gum</p>
<b>ACTIVITY</b>	<p>Exercise daily beginning with reasonable goals</p>	<p>Continue to exercise as tolerable</p>	<p>Continue daily routine</p>	<p>Dangle feet off the side of your bed</p> <hr/> <p>Up to chair</p>	<p>Up to chair for all meals</p> <hr/> <p>Ambulate in hallway 3 times a day</p>
<b>INCENTIVE SPIROMETER</b>	—	—	—	<p>10 times an hour or during TV commercials</p>	<p>10 times an hour or during TV commercials</p>
<b>PAIN</b>	<p>Take home medications per usual routine</p>	<p>Take home medications per usual routine</p>	<p>Follow the instructions of your surgeon and anesthesiologist for which meds to take the morning of surgery</p>	<p>Medication by IV until you are able to tolerate liquids, then you will be switched to medications by mouth</p>	<p>Most medications by mouth</p>