

Enhanced Recovery after Surgery

E.R.A.S.

Enhanced Recovery after Surgery or E.R.A.S. is a programme that helps you recover better after your operation. It aims to keep things as 'normal' as possible before your operation and get back to your normal self again as soon as possible after your surgery. There are several important ways that we do this that may differ from any previous operations you may have had.

- **Preparation for your operation** - Giving you information about your recovery and special carbohydrate drinks to give you energy to recover.
- **Pain relief** - Using a combination of pain killers will enable you to get up and about after your operation and will allow the bowel to recover more quickly.
- **Diet** - Allowing food and drink earlier after surgery can allow the bowel to recover more quickly and give the nutrition that is needed to heal. Supplement drinks can also be helpful and can be provided in the ward.
- **ERAS Diary** - This will help chart your progress and give you an idea of what your goals are each day following your operation.
- **ERAS Nurse** - You may meet an ERAS Nurse Specialist who will give you advice about your recovery and who will call you at home once you are discharged.

Keeping you moving after surgery



- Walking around the ward
- Deep breathing exercises and coughing
- Limb exercises

Keeping you comfortable after surgery



- Epidural
- Oral tablets
- Patient Controlled Analgesia (PCA)
- Fentanyl patch

Keeping you nourished before and after surgery



- Eating a balanced diet following surgery
- Eating small amounts often

