

ENHANCED RECOVERY AFTER SURGERY (ERAS)



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Medical travel



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مستشفى الزهراء دبي

AL ZAHRA HOSPITAL DUBAI

Care in Style

رعاية راقية

ENHANCED RECOVERY AFTER SURGERY (ERAS)



Patient Information Booklet

Al Zahra Hospital is the first in the Middle East to implement ERAS concept

**Enhanced Recovery after Surgery (ERAS)
also known as fast track surgery is a
combination of evidenced-based
peri-operative strategies which work
together to markedly speed recovery
after surgery.**

**Al Zahra Hospital Dubai is proud to be
the first Hospital in the Gulf and Middle
East to implement ERAS concept.**

WHAT IS ENHANCED RECOVERY?

This information leaflet aims to help you understand the Enhanced Recovery program and how you can play an active part in your recovery after surgery.

What is Enhanced Recovery?

The underlying principle is to enable patients to recover from surgery and leave hospital sooner by minimizing the stress responses on the body during surgery.

To do this it is essential that:

- There is an exchange of information regarding realistic expectations about the risks and benefits of surgery. This will be discussed with you to help you make a decision whether to proceed with surgery or not.
- You are in the best possible condition for surgery. Identifying and correcting any existing health concerns is important and is best done early at pre-anesthesia assessment clinic.
- You have the best possible management during and after surgery to reduce pain, gut dysfunction and immobilization by using appropriate anaesthetic techniques, fluid and nutrition management, pain relief and minimally invasive techniques where appropriate.
- You experience the best post-operative rehabilitation. This enables early recovery and discharge from hospital by way of planned nutrition and early mobilization after surgery.

PRE-ANESTHESIA CLINIC

Before your admission you will be seen in a pre-operative assessment clinic.

The Anesthesiologist will ask you questions regarding your medical history, general health and wellbeing. We will want to ensure that you are in optimum health and to ensure that arrangements have been made for your admission, discharge and post-operative care at home.

Routine blood tests and an electrocardiogram may be ordered and might be examined.

If you are prescribed **Warfarin, Aspirin, anti-platelet drugs, the oral contraceptive pill or hormone replacement therapy**, you may need to stop these before the procedure; please speak to the surgeon or Anesthesiologist in the preoperative assessment clinic. In addition, it is very important that you think about other contraceptive methods and your Gynecologist will be able to advise you about this.

The anesthesiologist will discuss the types of anaesthetic available and will discuss any previous problems you have encountered with anaesthesia.

BEFORE YOUR OPERATION

Your body needs plenty of nutrients to recover from an operation. Although you will not be allowed solid food from six hours before your operation, you will be able to drink clear fluids up to three hours prior to surgery, in addition to this; you will also be given carbohydrate rich drinks to have on the morning of surgery.

The nurse practitioner will advise you when to take these drinks and you will have a supply to take home and to bring with you into hospital on the day of surgery.

ON THE DAY OF SURGERY

You will usually be asked to come into hospital on the morning of surgery. Please bring with you any medicines you are taking and show them to the doctor and nurse. You will be shown to your room by a nurse who will note your personal details and take some observations. Please be aware if you are arriving on the day of your operation you will be admitted to a ward area specific to your needs.

Prior to surgery, you may be given a small injection. This will be given in the top of your arm and is used to prevent any clots forming in your legs (also known as DVT).

AFTER SURGERY

After your surgery it is important for you to follow the daily routine which is outlined in the enclosed Recovery Plan for your procedure, it is a good idea to wear your day clothes after your operation as this can help you stay more active and feel positive about your recovery.

PAIN CONTROL

It is important that your pain is well controlled so that you can walk around, breathe deeply, eat, drink and sleep well, all of which will aid your recovery. If at any time you feel your pain is not well controlled, it is very important you inform the nursing staff.

The Anesthesiologist will discuss with you in the pre-operative assessment clinic all the options for the post-operative analgesia.

EXERCISE

We encourage activity from day 1. You should plan to undertake regular exercise several times a day and gradually increase during the six weeks following your operation until you are back to a normal level of activity, this can take twelve weeks. Common sense will guide your exercise and rehabilitation. Your surgeon will indicate what - if any - restrictions there might be in following ERAS program.

YOUR WOUND

It is not unusual for your wound to be slightly red and uncomfortable during the first one or two weeks. Please let us know if your wound has:

- Become inflamed, painful or swollen.
- Started to discharge fluid.
- Or separated in any place.

DISCHARGE HOME

Our aim is for you to be in your home recovering as soon as possible. Your family and friends will need to play an important part in your recovery and will need to assist you in any shopping or household chores that you are unable to achieve.

Adequate rest is also an important part of your recovery. Therefore we advise you to organize this support in an advance for when you go home.

We aim to discharge you from hospital in line with your recovery plan so please take note of the number of days assigned for your procedure.

