



Enhanced Recovery After Surgery (ERAS)

This fact sheet will give you important information about the Enhanced Recovery After Surgery (ERAS) program.

Enhanced Recovery After Surgery (ERAS)

ERAS is designed to help you recover more quickly and safely after surgery. ERAS also aims to help you:

- prepare your mind and body before surgery
- recover faster and with fewer complications
- reduce your length of stay in hospital
- have greater independence
- have a better patient experience
- prepare for your surgical journey with our support.

What you can expect from our team

- Support you to eat and drink as normal before surgery, and after surgery when it is safe to do so.
- Stop your IV fluids after your surgery. This will be when you are able to drink fluids and when it is safe.
- Help you get up and move around as soon as you can after surgery. This will help you recover faster and reduce your risk of complications, like blood clots and chest infections.
- Make sure your pain is managed so you can move comfortably. Most patients are out of bed shortly after surgery.
- Support you throughout your recovery.

What you can do before surgery

- Prevent constipation: Take the medicine Movicol once a day for one week before your surgery.

- Hygiene: Shower the night before or the morning of your surgery. Use soap or an antimicrobial Chlorhexidine wash. You can get this wash for free from the Women's Day Surgery Unit Reception, or you can buy it from most chemists.

Please buy these medicines before your surgery

- Paracetamol - like Panadol or Panamax - for regular pain relief
- Ibuprofen - like Nurofen or Advil - for regular pain relief and inflammation (swelling)
- Macrogol - like Movicol or Clearlax - to help prevent constipation
- Antimicrobial wash - like Chlorhexidine - to clean your skin before surgery.

How to prepare for surgery

Talk with the ERAS Clinic Nurses

You will have 2 phone appointments with our ERAS Clinic Nurse before your surgery.

They will help you prepare for surgery.

Take part in ERAS prehabilitation

Prehabilitation is a way to prepare your body and mind for surgery.

After your first ERAS Clinic appointment, you will get access to our ERAS videos.

The videos will explain:

- the ERAS program in more detail
- how to improve your health before surgery
- what to expect during your hospital stay
- key recovery milestones.

After your surgery

Hospital stay

After your surgery, we will take you to our surgical ward. On the ward, we will review your progress and prepare you for discharge.

Before going home, you must be able to:

- eat food
- drink fluids
- move around by yourself
- empty your bladder
- get dressed on your own.

Based on your recovery, you may be able to go home 1 to 3 days after your surgery.

Going home

Medicines

- We will give you a prescription for medicines to treat strong pain.
- For the first 3 nights after surgery, take simple pain relief medicine regularly, such as paracetamol and ibuprofen - if you can safely take non-steroidal anti-inflammatory (NSAIDs) medicines.
- Use stronger pain relief if simple pain medicine doesn't relieve your pain.
- Take the medicine Movicol once a day for one week after your surgery to help prevent constipation.

Medical certificates

- Ask for your medical and carers certificates before you go home.

Discharge

- You will only be discharged home when it is safe, and you meet all discharge criteria.

Questions

If you have any questions after discharge call 5 North on (03) 8345 3533.

Follow-up

You will have one phone appointment with the ERAS Clinic Nurse, around 30 days after your surgery.

You will also have an appointment with your surgeon 6 to 8 weeks after your surgery.

Contact us

The Royal Women's Hospital

20 Flemington Road, Parkville, Victoria 3052
(03) 8345 2000 – Main Hospital
(03) 8345 3533 – 5 North

The Royal Women's Hospital ERAS Clinic

(03) 8345 3376 – ERAS Clinic Nurse 1
(03) 8345 2338 – ERAS Clinic Nurse 2
ERAS.Clinic@thewomens.org.au

For more information

Please visit our website or scan the QR code for more information.

thewomens.org.au/patients-visitors/clinics-and-services/enhanced-recovery-after-surgery-clinic-eras



Do you need an interpreter?



You can ask for an interpreter if you need one.

Family Violence Support

1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

1800respect.org.au