



HAVE YOU HEARD ABOUT ERAS®?

Here's how it can help speed up recovery from your next surgery

If you are aged 65 or over, chances are you or someone you know has had surgery. Over 50% of surgeries in the U.S. happen in those 65 years or older.¹ As we age it can take longer for our bodies to recover from surgery but there are steps we can take to help.

Good nutrition before and after surgery is key to a faster, stronger recovery. Nutrients from food are the building blocks for your body, and good nutrition supports a successful recovery by:

- ✓ **Helping repair wounds and injuries**
- ✓ **Maintaining and building muscle**
- ✓ **Providing support for your immune system to help fight infections**
- ✓ **Increasing energy levels**

The American College of Surgeons found that when older adults have poor nutrition or malnutrition before surgery, they have a greater risk of complications after their procedure and are less likely to return home.² Therefore, many healthcare providers are helping people improve their nutrition before an elective procedure by following **Enhanced Recovery After Surgery (ERAS®)** care plans. These care plans prepare your body for surgery, and help you get back to your everyday activities as soon as possible after surgery. **A key part of these ERAS care plans is good nutrition.**

WHY USE ERAS?

An ERAS care plan gives you the best chance for a strong recovery and helps reduce the risk of complications. You will have a team of healthcare professionals, including surgeons, nurses, and dietitians, supporting you through a series of steps. The ERAS care plan can help you to:³



Keep your hospital stay short



Eat and drink as soon as it is safe



Control your pain level



Return to your normal activities sooner

WHAT SHOULD I EXPECT DURING THE ERAS® CARE PLAN?

The ERAS care plan may differ slightly depending on the type of operation you are having, and your care team will work with you to develop a plan that is safe and best for you. Some things to expect are:⁴



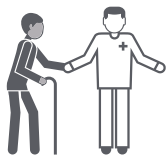
Preparation for your operation

Your care team will provide education to you/your caregivers about the ERAS care plan and your recovery from surgery.



Help with pain relief

Your care team will work with you to find the right combination of medications that will help you manage your pain following surgery and during recovery.



Movement after surgery

Shortly after surgery, your care team will help you to move around safely. This will activate your muscles, support a quicker recovery, and help you get back to your normal activities as soon as possible.



Good nutrition

You may be asked to make nutrition changes prior to surgery. This may include changing the types of foods you eat or drinking an oral nutrition supplement to ensure you are getting enough calories, protein, vitamins and minerals. Just before surgery, you may receive a special carbohydrate beverage to help control your blood sugar following surgery. After surgery, food and drinks will be allowed as soon as possible, and you may also be given special beverages to help provide the nutrients you need for healing and protecting your body's muscles.

WHAT'S NEXT?

If you have an upcoming surgery, talk to your healthcare team about your individualized needs and if an ERAS care plan is a good option for you. To learn more about nutrition in ERAS care plans, view our “ERAS nutrition strategies for elective surgeries” resource.

REFERENCES: **1.** Yang R, et al. *Geriatr Orthop Surg Rehabil.* 2011;2(2):56-64. | **2.** The Inability to Return Home After Surgery—A Patient-Centered Outcome for Older Adults (abstract). American College of Surgeons Quality and Safety Conference 2019. Accessed June 23, 2020. <https://www.facs.org/media/press-releases/2019/fourcharacteristics072219>. | **3.** UNC School of Medicine. Department of Anesthesiology Enhanced Recovery Program: Patient Education Series. Accessed June 23, 2020. <https://www.med.unc.edu/anesthesiology/enhancedrecovery/for-patients/printable-educational-materials/>. | **4.** ERAS® Society. Patient information. Accessed June 23, 2020. <https://erasociety.org/patient-information/>.