

# ERAS<sup>+</sup>

WE HELP YOU **PREPARE** FOR  
AND **RECOVER** FROM MAJOR SURGERY



**+ Are you ready  
for your surgery?**

**NHS**



## + BACKGROUND

You've been given this leaflet because you are due to have major surgery in the next few weeks. It introduces some steps you can take to help you prepare for this important life-changing event.

The actions you take now can help you recover more quickly and reduce the time you spend in hospital. Recovery from a major operation may affect aspects of your daily life including your:

- Health
- Mobility
- Job
- Leisure Activities

We will support you to make changes in your daily lifestyle during the weeks leading up to your surgery to make sure your body is prepared. A good recovery will allow you to get back to daily activity sooner. Preparing your body for major surgery will help to reduce problems after surgery by:

- **Reducing the rate of chest infections**
- **Reducing the time you spend in hospital after surgery**

## + HOW TO PREPARE FOR MAJOR SURGERY

ERAS+ is a program developed by a team of NHS professionals to support and guide you and your family in preparation for your surgery. The program provides information on how to prepare for surgery by targeting the following lifestyle areas:

- **Activity + Muscle strengthening**

Improve your fitness (depending on your level of function) by gently increasing activity levels before surgery. Specific 20-30 minutes of activity every day can help ensure that you are back on your feet as soon as possible after your operation. You can find further information and advice on our website: [www.erasplus.co.uk](http://www.erasplus.co.uk)

*Tip: Why not involve family or friends in your new activity? Start walking, gardening, housework, every little step counts!*

### • Chest training

Combat the effects of general anaesthesia and avoid chest-related infections by gradually increasing lung capacity. Train yourself to take big, deep breaths and continue this training before and after surgery to help avoid a prolonged hospital stay.

*Tip: Ask your ERAS+/healthcare team for an incentive spirometer device to help you train your lungs at home*





## + SURGERY SCHOOL

### • **What is the need for a Surgery School?**

Major surgery is a planned stressor on your body. We want you to imagine this planned surgery as being a sporting event you will undertake.

Similar to an athlete preparing for a major sporting event, training your body for major surgery will ensure you minimise the risk of complications following your operation. Increasing your levels of fitness before your operation will also help you recover quicker.

### • **How can we help you prepare?**

It is fundamental that patients and their relatives are viewed as partners in their recovery from surgery. Surgery School is a training session which has been developed by the ERAS+ team to walk you through the pre-hospital, in-hospital and post-surgery milestones of major surgery.

As well as advice on how to prepare for surgery, patients are also informed about what to expect after surgery. Healthcare professionals will provide daily tasks of recovery and show patients where they will be looked after following their surgery.

Surgery School has been designed to focus on selected areas we believe have the greatest impact on recovery and those that have been highlighted by previous patients. A team of healthcare professionals including anaesthetic doctors, physiotherapists and nurses deliver short presentations in Surgery School which focus on the following key elements of ERAS+:

- **The importance of physical training before your surgery with increased cardiovascular and muscle strengthening activities**
- **Chest training at home and in hospital to reduce the risk of chest infections after your surgery**
- **Instructions on performing incentive spirometry**
- **What to expect after surgery and what you will be asked to do during your recovery**
- **Pain management after surgery**
- **Recovery in hospital**
- **Recovery at home and training into a good recovery**





## • **Who should attend Surgery School?**

You will be invited to attend a Surgery School session in the hospital where you'll be having your operation. The session will last between 60-90 minutes consisting of presentations, group discussions, video content, a question and answer session and a tour of the ward areas.

- Your friends and relatives will form a key element of support and motivation in your preparation and recovery from major surgery therefore you will be encouraged to bring a friend or a member of your family to attend Surgery School with you.

## • **Visit of the critical care/ward area**

At the end of Surgery School, you will be invited to walk around the critical care/ward areas where you will be looked after following surgery. During this visit to the ward areas, you and your relatives have the opportunity to view other patients recovering from similar surgeries to those you will undergo. We hope this orientation to the ward areas will provide you with some familiarity and preparation for your own surgery and in-hospital recovery.



## • **Diet**

Maintain a stable weight to ensure your body has sufficient energy to recover and heal after your operation. Try to eat a healthy and nutritious diet in the weeks leading up to your surgery.

*Tip: Weigh yourself regularly to ensure you are maintaining a stable weight*

## • **Oral health**

A build up of oral bacteria can increase the risk of developing a chest infection. Simple oral healthcare habits such as brushing your teeth twice daily and using mouthwash can reduce the risk of developing a chest infection.

*Tip: If you need to see a dentist, now is the time to make your appointment.*



*Enhanced Recovery After Surgery+*

## **+ CONTACT DETAILS**

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*For more information access ERAS+ website and download the app on your mobile phone or tablet:*

