

Enhanced Recovery After Surgery

LIVER - BILE DUCT



ERAS



**PATIENT
EDUCATION**

Contact Information for Questions and Emergencies

GI Surgery Center: **716-845-4005**

Hours: 8:00a.m. – 5:00p.m., Monday – Friday

- General Questions: If the Center is closed, your call will be answered by a staff member of the nurse triage line or the central call center, and they will assist you.
- Urgent Symptoms: Roswell Park has an **Assessment and Treatment Center (ATC)**, which sees patients who are having urgent symptoms that are not life-threatening. **This is not a walk-in clinic.** You must have a referral from your Roswell Park physician or the physician on call to be seen there. Please call **716-845-4005** if you need assistance. If you need to be seen, they will arrange an appointment in the ATC.
- Emergencies: In an emergency, please call 911 or go to the nearest hospital emergency department. Bring your Roswell Park “green card” (ID card) with you and let the ER staff know the last time you were treated at Roswell Park. If you go to the ER or are admitted to the hospital, have someone notify your Roswell physician.

Introduction

This booklet explains the Roswell Park Cancer Institute *Enhanced Recovery After Surgery* (ERAS) program for people having liver and bile duct surgery. The overall goal of this program is to shorten your recovery after surgery by:

- (1) reducing the length of your hospital stay
- (2) avoiding the use of medications (such as narcotics) which may delay your recovery
- (3) lowering your risk of complications after surgery



Successful ERAS starts *before* the operation with medications and other therapies aimed at giving you a head-start on your recovery.




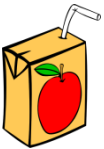
About ERAS



- Preparation (prehabilitation): You are about to have a major operation. Good nutrition and physical fitness are important to a smooth and short recovery after surgery. Eating a healthy diet of fruits, vegetables, and proteins can help maintain weight and reverse recent weight loss. High calorie protein drinks between meals can be helpful as well. If you smoke, it is ideal to give up smoking as soon as possible. Please avoid any alcohol before your surgery. Finally, daily exercise is a great way to improve your conditioning before an operation. Even a 30 minute walk every other day is valuable.
- Night before surgery: Please see “Instructions – ERAS Program” card for your preoperative instructions.
- Day of surgery: Several long-acting pain pills are given before surgery to help control pain after surgery. These medications are not narcotic medications.
- After surgery:
 - Food: You will have clear liquids after surgery, followed by soft food on day 1 and beyond.
 - Pain control: Our goal is to achieve good pain control using as little narcotic medication as possible. Other medications that are used include anti-inflammatory medications, neuropathic medications, and acetaminophen (Tylenol®). Pills you can take by mouth are preferred over intravenous (IV) medications.
 - Bowel medications: Constipation is a common problem after surgery—even among patients who do not have constipation problems before surgery. Your team will give you both stool softeners and laxatives to prevent constipation. We will also give you medications to prevent nausea.
 - Early ambulation (sitting up in the chair, walking) is important to a quick recovery after surgery.

Liver/Bile Duct Surgery – ERAS Care Plan

Typically, patients on ERAS stay in the hospital 3 to 4 days after surgery. Your health care team may make changes to personalize your care. You and your nurse will fill this out as you work on discharge planning together.

	Day of Surgery – Day 1 Date: _____	Day After Surgery Day 2 Date: _____	Days 3 to 4 After Surgery Date: _____
<p>Comfort</p>  <p>Your pain goal: _____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Oral pain medication is given before surgery. <input type="checkbox"/> Spinal medication is given just before you go to sleep. <input type="checkbox"/> Oral and IV pain medication is given both before and after surgery. <input type="checkbox"/> You will rate your pain on a pain scale from zero (no pain) to 10 (severe pain) <input type="checkbox"/> Tell your nurse if your pain is increasing or if the pain medicine is not working 	<ul style="list-style-type: none"> <input type="checkbox"/> Oral pain medication is given after surgery. <input type="checkbox"/> Talk with your nurse about your pain goal <input type="checkbox"/> Your nurse will ask you about your pain level – be honest <input type="checkbox"/> You may try integrative therapies (such as relaxation and massage) 	<ul style="list-style-type: none"> <input type="checkbox"/> Oral pain medication is given after surgery. <input type="checkbox"/> Trouble sleeping? Ask your nurse for suggestions to help you sleep. <input type="checkbox"/> Integrative therapies may be used if they are helpful
<p>Breathing</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Take deep breaths and cough often. Holding a pillow over your incisions (splinting) may reduce discomfort <input type="checkbox"/> Use the incentive spirometer every hour while you are awake <input type="checkbox"/> An oxygen monitor checks the oxygen level in your blood <input type="checkbox"/> If you need oxygen, which is common on the first night, we will run a tube under your nostrils 	<ul style="list-style-type: none"> <input type="checkbox"/> Take deep breaths and cough often. Splint over your incisions <input type="checkbox"/> Use the incentive spirometer every hour while you are awake <input type="checkbox"/> If the monitor shows the oxygen level in your blood is OK, we will remove the tube from under your nose 	<ul style="list-style-type: none"> <input type="checkbox"/> Take deep breaths and cough often. Splint over your incisions <input type="checkbox"/> Use the incentive spirometer every hour while you are awake <input type="checkbox"/> Your doctor may give you medicine to help you remove extra fluid from your body and improve your breathing

	Day of Surgery – Day 1 Date: _____	Day After Surgery – Day 2 Date: _____	Days 3 to 4 After Surgery Date: _____
Bladder/ Bowel 	<input type="checkbox"/> While you are in surgery, a catheter (small flexible tube) is placed in your bladder to drain your urine <input type="checkbox"/> Your nurses will help you to the bathroom or to use a commode if you need to have a bowel movement	<input type="checkbox"/> We may remove the catheter from your bladder <input type="checkbox"/> Let your nurse know if you are passing gas <input type="checkbox"/> We will give you stool softeners and laxatives to prevent constipation.	<input type="checkbox"/> We may remove the catheter from your bladder <input type="checkbox"/> Let your nurse know if you are passing gas, feel constipated, or have loose stools <input type="checkbox"/> We will give you stool softeners and laxatives to prevent constipation.
Education 	Your nurses will teach you: <input type="checkbox"/> Breathing & leg exercises <input type="checkbox"/> Safety and fall prevention	Your nurses will teach you: <input type="checkbox"/> About preventing DVTs (blood clots) <input type="checkbox"/> Breathing & leg exercises <input type="checkbox"/> Safety and fall prevention	Your nurses will teach you: <input type="checkbox"/> Good nutrition <input type="checkbox"/> Breathing & leg exercises <input type="checkbox"/> How to care for your drain (if you have one)
Plans for Leaving the Hospital (Discharge) 	<input type="checkbox"/> Plan for a 3 to 4 day hospital stay	<input type="checkbox"/> You and your nurse should start talking about your discharge plans <input type="checkbox"/> Tell your nurse who will be your caregiver/ support person when you get home	<input type="checkbox"/> A social worker will discuss discharge plans <input type="checkbox"/> Your nurse or pharmacist will discuss your at home medications <input type="checkbox"/> Are you ready? <input checked="" type="checkbox"/> Your doctor says you are ready <input checked="" type="checkbox"/> Pain is under control <input checked="" type="checkbox"/> You are eating soft foods <input checked="" type="checkbox"/> You are walking (with or without help) <input checked="" type="checkbox"/> You do not have problems with urination or bowel movements <input checked="" type="checkbox"/> You understand how to take care of yourself at home
Food and Drink 	<input type="checkbox"/> You will be started on a clear liquid diet.	If nausea is not a problem, you will advance to soft foods	If nausea is not a problem, you will advance to soft foods

	Day of Surgery – Day 1 Date: _____	Day After Surgery – Day 2 Date: _____	Days 3 to 4 After Surgery Date: _____
Tests, Labs and Procedures 	<input type="checkbox"/> We will give you fluids and medications through your IV <input type="checkbox"/> Routine blood tests will be done <input type="checkbox"/> Your weight will be monitored <input type="checkbox"/> You may have a drain to prevent fluid from building up at the site where you had surgery	<input type="checkbox"/> Routine blood tests will be done <input type="checkbox"/> Your weight will be monitored	<input type="checkbox"/> Routine blood tests will be continued <input type="checkbox"/> Your doctor will remove and change the dressing for the first time <input type="checkbox"/> If you have a drain, it may be removed before you go home
Activity 	<input type="checkbox"/> Sitting on the edge of the bed and dangling your feet <input type="checkbox"/> We will keep the head of your bed raised <input type="checkbox"/> You will be wearing sequential compression devices (SCDs) while you are in bed. These sleeves wrap around your legs and squeeze them gently by continually inflating and deflating. SCDs help prevent blood clots	<input type="checkbox"/> Your nurse will help you stand up and sit in a chair <input type="checkbox"/> She or he will help you walk in the hall as soon as you are able <input type="checkbox"/> The head of the bed remains raised <input type="checkbox"/> The SCDs will be worn when you are in bed <input type="checkbox"/> Heparin shots are given to help prevent blood clots. These injections are given just under the skin (not into a muscle)	<input type="checkbox"/> Keep the head of your bed raised <input type="checkbox"/> Walk in the hall at least 4 to 6 times a day Walk 1 ___ Walk 2 ___ Walk 3 ___ Walk 4 ___ Walk 5 ___ Walk 6 ___ <input type="checkbox"/> You may meet with a physical therapist to help you regain your strength <input type="checkbox"/> Ask your nurse or doctor if you still need to wear the SCDs <input type="checkbox"/> You may take a shower

Notes



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