



Enhanced Recovery After Surgery

Enhanced recovery after surgery, known as ERAS is a multimodal approach to surgical care that has been shown to improve recovery after surgery, especially in patients undergoing colorectal surgical bowel resections. Patients typically experience less pain, faster recovery and a shorter hospital stay with ERAS. This approach requires a very good cooperation between Surgeons, the Anesthesiologists, Nurses and the entire surgical team.



ERAS for colorectal resection surgery usually starts with a high carbohydrate drink 90 to 120 minutes prior to surgery. This helps to keep the bowels functioning during and after surgery. Medication given prior to surgery has also been found to improve the comfort level after surgery. Intravenous fluids are carefully monitored during surgery to decrease the possibility of fluid over load and edema or swelling of the intestines.

Injections of long lasting anesthetics into the abdominal wall or spine may also reduce post operative pain and aid recovery.

After surgery patients are encouraged to get out of bed and walk early in their hospital stay. Food intake is started early and patients may eat regular foods as they are able to tolerate them.

Pain medication is diversified and individualized to include non-opioid pain medication which can inhibit the normal return of bowel function.

Using these techniques, hospital stay has been decreased and recovery has been shown to be improved.

At ASCRS we are always looking to improve our patient's experience and recovery following surgery.

