



## Enhanced Recovery At A Glance

# Post Operative

Enhanced recovery refers to patient-centered, evidence-based, multidisciplinary team developed pathways for a surgical specialty and facility culture to reduce the patient’s surgical stress response, optimize their physiologic function, and facilitate recovery. Enhanced recovery pathways can be used across any service line to standardize practice.

 <span style="font-size: 24px; font-weight: bold;">Intervention</span>	 <span style="font-size: 24px; font-weight: bold;">Practice Options</span>
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### IV Fluid Therapy

- ✓ Avoid salt and water overload
- ✓ Goal Directed Fluid Therapy (GDFT) when possible/indicated
- ✓ Recommended fluid (rate and duration)
- ✓ Consider isotonic buffered solution (D51/2 NS) vs balanced salt solution
- ✓ Allow PO intake in place of IVF when tolerated

### PONV Prevention

- ✓ Continue PONV treatment

### Catheter Maintenance

- ✓ Early Foley removal (preferred day of or day after surgery)

### Early Oral Nutrition

- ✓ No routine NGT
- ✓ Advance diet as tolerated
- ✓ Clear liquid diet - consider adding clear supplements to orderset (Ensure Clear, Gelatein)

### Non-Opioid Oral Analgesics/ NSAIDS

- ✓ Schedule non-opiates when appropriate
- ✓ No opioid/Acetaminophen combo drugs
- ✓ APAP 1 gm q6h
- ✓ Toradol/Ibuprofen
- ✓ Acetaminophen
- ✓ COX Inhibitors
- ✓ Gabapentinoids
- ✓ Muscle relaxants
- ✓ Tramadol
- ✓ PRN opioids (consider PO first)



**Additional Considerations**

- ✓ Ketamine infusion
- ✓ Lidocaine infusion
- ✓ PCA

**Stimulation of Gut Mobility**

- ✓ Decrease postoperative fasting period
- ✓ Consider Entereg
- ✓ Gum chewing
- ✓ Limit opioid administration
- ✓ Eliminate NGT utilization
- ✓ GDFT

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