

Enhanced Recovery After Surgery

What is Enhanced Recovery?

We have made improvements to our medication, surgical and anesthetic techniques, in an effort to provide you with the best possible care.

Our aim is to reduce pain, minimize side effects and manage your fluid and nutrition carefully by administering minimally invasive techniques, wherever possible.

This will aid in your health and recovery and enable you to return to everyday activities.

What are the benefits of Enhanced Recovery?

- Reduced risk of post-operative complications
- Reduced pain
- Reduced chance of being readmitted to hospital
- Reduced length of stay
- Earlier return to normal activities
- Better chance of making a full and long lasting recovery

Before you come in for your operation, you will need to come into the hospital for a pre-operative assessment to be sure you are fit for surgery. Here, you will have the opportunity to ask questions about Enhanced Recovery.

What Happens during the Pre-Operative Assessment Clinic?

The nurse will ask you about:

- Your past and current medical history
- Medications you are taking (please bring your medications with you to the appointment)
- Any allergies you may have

At this time, your vitals will be taken:

- Blood pressure
- Pulse
- Weight and Height

You may also need to have:

- Blood tests
- Urine test
- ECG (heart tracing)
- Chest x-ray
- Echo
- Angiography

Other tests specifically related to your surgery such as scans may also be necessary. If this is the case, the nurse will explain the tests to you.

You may be seen by the consultant anesthetist. However, this will depend on your general health or the operation you are having.

It is important that you understand the operation procedure and what will occur when you are at the hospital. Please ask for more information if you need it and make sure all your questions have been answered.



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Pre-Operative Assessment Information

