

# Hip and Knee Surgery Patient Guide | ERAS®

## Surgery Plan

Surgeon's Name: \_\_\_\_\_

Surgery Date: \_\_\_\_\_ Time: \_\_\_\_\_

Pre-Surgery Assessment and Teaching Appointment: \_\_\_\_\_ Time: \_\_\_\_\_

*Your after-surgery appointment will be confirmed before leaving the hospital.*

### What is ERAS®?

Enhanced Recovery after Surgery (ERAS®) is a safe, effective, research-proven plan for people who have major hip and knee surgery.

### ERAS® helps to:

- Lessen pain after surgery
- Increase early physical activity
- Shortens hospital stay
- Reduce complications
- Stimulate bowel function



### Before Surgery

Things you can do before surgery to help your recovery:

- Increase walking every day for exercise.
- If you smoke, stop smoking cigarettes, vapor cigarettes, or recreational substances for at least four weeks before your surgery. Visit [QuitAssist.com](https://www.quitassist.com) for help. Not smoking improves blood flow and healing.
- Focus on good nutrition that include 6-8 ounces of high-protein foods, such as lean meats/fish, cheese, peanut butter or eggs each meal. Good nutrition helps you heal after your surgery and makes you stronger.
- Stay hydrated prior to surgery. Limit non-nutritious beverages such as coffee, tea, sodas and carbonated drinks.
- Take a multivitamin every day.
- Follow your doctor's instructions if you are asked to stop taking certain medicines before surgery. Please ask if you have any questions.

### Day Before Surgery

- Pack for the hospital. Leave jewelry and valuables at home.
  - The hospital will provide basic toiletries, gowns and linens.
  - Bring anything that you think may help in your recovery and make you more comfortable.
- Shower the night before your surgery with your special soap and/or sponges.

### DO NOT

- Use non-prescribed drugs or recreational substances.
- Drink beer, wine or liquor.
- Smoke or use smokeless tobacco.

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## Clear Liquid Diet

- Gatorade® clear/yellow color
- Black coffee (no milk or creamer)
- Apple, cranberry or white grape juice
- Plain broth
- Italian ice
- Tea
- Ice pops
- Jell-O®
- Ginger ale, Sprite®, Sierra Mist®, or 7Up®

### NOT ALLOWED

- Milk or dairy products
- Prune juices
- Citrus juices
- Juices with pulp



## Clear Liquid Diet for Patients Living with Diabetes

- Gatorade® G2 or Powerade Zero Sugar®
- Apple, cranberry or white grape juice
- Sugar-free Jell-O®
- Sugar-free fruit-flavored ice pops
- Diet ginger ale, Diet Sprite®, Diet Sierra Mist®, or Diet 7Up®
- Plain broth
- Black coffee (no milk or creamer)
- Tea

### NOT ALLOWED

- Milk or dairy products
- Prune juices
- Citrus juices
- Juices with pulp



## Day of Surgery

- Shower the morning of surgery with your special soap and/or sponges.
- Do not shave near surgical site or apply lotions.
- Brush your teeth the morning of surgery.
- Take your medicines as directed by your surgeon or the preadmission and testing nurse.
- Continue a clear liquid diet until two hours before surgery.

## Right Before Surgery

- Your nurse will assist with bath wipes containing the special soap.
- Your doctor will work with the anesthesiologist to create a pain control plan for you. Although our goal is to keep you as comfortable as possible, you will have some discomfort after your surgery.

### YOUR PAIN CONTROL MAY INCLUDE:

- Medicine for nausea and pain (IV, pill form, or a small patch behind your ear). Treatment options will help to block pain and reduce the use of opioids.
- A nerve block that numbs either your hip or knee area, depending on your surgery.
- A spine block for pain control. This kind of block injects medicine in the space around the spinal nerves.

## After Surgery

- Your surgery site will be watched closely. Some bleeding is normal.
- A care team member will assist you out of bed on the day of your surgery.
- You will either go home the day of surgery or the next day.
- Refer to your Joint Replacement Education Guide for more information on what to expect.

## Leaving the Hospital

- Before you leave the hospital, a nurse will provide you with discharge instructions to include your follow-up doctor visits and any prescription medications.
- Remember, you will need a family member or friend to drive you home and stay with you. Uber/Lyft cannot be used.

