

Enhanced Recovery After Surgery Pre-Operative Instructions for Arthroplasty



Interior Health
Every person matters

Patient Information

www.interiorhealth.ca

You have been selected to be in our **Enhanced Recovery After Surgery (ERAS)** program.

The purpose of this program is to help speed up your recovery and get you home faster. This is done by helping lower your pain, decrease nausea, reduce fatigue and minimize constipation. As well, the program assists with your breathing and ability to be active.

The day before your surgery or Friday if your surgery is Monday, expect a phone call between 12:00 noon and 2 p.m. with instructions for day of surgery and your arrival time.

Diet

- 24 hours before surgery please eat light. Soft foods are easier to digest. Examples are:
 - » cooked soft vegetables
 - » soups, stews
 - » mashed potatoes
 - » refined pasta, rice and bread
 - » yogurt, ice cream, cottage cheese, pudding
- It is recommended that you drink 1-2 bottles of high protein Boost or Ensure for 2 days before surgery. If you feel that your nutritional intake could use a boost please extend to 5 days. Proper nutrition and calorie intake pre-op is very important for wound healing, body recovery, and energy.

- **Please remember to bring in your choice of SUGAR FREE GUM to chew after your surgery.**

Chewing sugar free gum will aid in decreasing post-op nausea, returning your bowel patterns to normal for a faster recovery **after** your surgery.

Bowel care

- Stay hydrated before your operation. If you have any concerns regarding constipation talk with your family Doctor or consider getting a stool softener to help (such as Colace).

Questions / Concerns

VJH Hip and Knee Nurse Navigator 250-558-2109
Pre Surgical Screening office 250-558-1378

more information on other side →

Healthlink BC Call 8-1-1 www.healthlinkbc.ca	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
	Dietitian	9 am – 5 pm	Mon – Fri	
	Pharmacist	5 pm – 9 am	Daily	
	Hearing Impaired	Call 7-1-1		

Pre-Operative Instructions for Arthroplasty (continued)

Skin and body care

- Shower with a clean bar of soap both the evening before and morning of your surgery, unless otherwise directed by your pre-surgical screening nurse.
- No nail polish, make-up, jewelry, body piercings or scented products to be worn (we are a scent-free environment). *False nails may be left on with clear or no nail polish.*
- Do not shave your legs for 7 days prior to surgery.
- Any rashes, sores or open areas call the pre surgical screening area to let them know

Blood clot prevention

- You may be given a dose of heparin as an injection before your surgery.
- You will be started on an oral blood thinner day 1 post-op. Follow the prescription as ordered.

Pre-operative Drink

You must purchase regular apple juice or cranberry cocktail prior to surgery and follow instructions below.

Instructions

Step 1: Drink 500 ml (2 cups) of regular apple juice or cranberry cocktail 12 hours before surgery.

Take at: _____

Step 2: Drink 250 ml (1 cup) of regular apple juice or cranberry cocktail 3 hours before surgery.

Take at: _____

Smoking

It is beneficial for surgical patients to stop using tobacco 8 weeks prior to having surgery to help reduce the risk of infection and slow wound healing. Contact your family doctor or access quitnow.ca (1-877-455-2233) for help to quit smoking.

For more information on Enhanced Recovery please visit
www.interiorhealth.ca/YourCare/HospitalCare/Surgery/PreparingforSurgery/Pages/ERAS.aspx