

# Enhanced Recovery After Surgery Therapy

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## Enhanced Recovery After Surgery (ERAS)

ERAS programme aims to help you recover quickly and safely and is designed by the specialist team, to ensure your surgical admission goes as smoothly as possible.

The goal is to get you home safely after your operation. It is important for you to understand all aspects of your recovery, as you play the most important part. It allows us to manage your expectations and reduce anxieties of what is to come.

ERAS can help reduce your hospital stay by 18.2% days and reduce the chance of post op complications by 32.0%.



## Checklist post-surgery

### Things to aim for post surgery (if able pre-surgery)

We have listed below a set of goals that you should aim to complete within the first day of having your operation. This will help reduce the risk of post operative complications and help get you home quicker.

- Able to get out of bed independently (flat bed, no rails)
- Able to stand from a chair independently
- Able to get on/off the toilet (no rails)
- Able to attend to your own personal care
- No concerns/independent climbing stairs
- Walking around the ward independently
- Good 'Active cycle of breathing' technique
- Sit out in your chair for each meal every day.

If you are struggling with anything above, please speak to the nursing staff who can refer you to be seen by a therapist on the ward.

## Post op exercises

In order to avoid post op complications, such as Deep Vein Thrombosis (DVT), we advise you get moving as soon as possible post operatively. Sitting upright and moving around, will also help reduce the risk of chest infections.

The following exercises will help maintain good blood flow and keep your muscles strong following your operation.



Raise up onto your toes, lower your heels and then lift your toes.

Complete this 10 times.



Alternating legs, lift your knee towards your chest and lower back down.

Complete this 10 times with each leg.

## Checklist for Surgery

Following your surgery you will be required to stay in hospital, we suggest the below items are brought with you:

- Glasses/hearing aids as needed
- Comfortable day clothes
- Pyjamas
- Own toiletries
- Good fitting shoes/slippers
- Walking aid (if applicable).

### Other considerations:

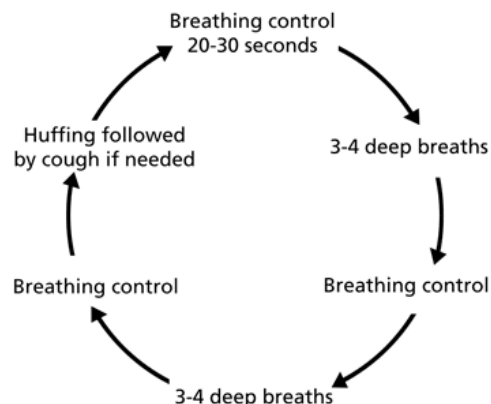
Other things you may want to organize before your surgery include the following:

- Arrange transport to and from hospital
- Have up to date important contact numbers (Next Of Kin/ family)
- Complete your pre op checklist.



### Active Cycle of Breathing

These breathing exercises are designed to maximise your lung capacity before your operation, to strengthen and train your respiratory muscles. You should do 3-4 cycles, 3 times per day. Post op breathing exercises, will help increase your lung volumes and maintain a clear chest reducing the risk of a chest infection post op.



### Strengthening exercises

To build up strength and endurance pre-operatively, we would encourage you to start doing regular exercises before your operation. This will improve your chances of an easy recovery and reduce your stay in hospital.

### Practice the simple things

Practicing things that may seem easy will ensure speedier recovery post operatively, as we expect you to be up and out of bed on day 1. These include: sit-to-stand, lying-to-sitting and stairs. If you would normally do these things once/twice a day, think about increasing your repetition to four/five times a day.

### Seated exercises (to be completed 3 times per day)



Sit down. Lift your foot to straighten your leg. Hold for 2-3 seconds. Repeat 10 times.

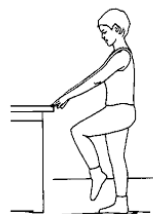


Sit down. Lift your knee towards your chin, keeping your back straight and hold for 2-3 seconds. Repeat 10 times.

### Standing exercises (to be completed 3 times per day)



With both feet flat on the ground, bend your knees and stick your bottom backwards as though sitting on to a chair – make sure you only go 'half way' down. Hold for 2-3 seconds and slowly stand up. Repeat 10 times.



Lift your knee up towards you, bending from your hip and knee at the same time. Hold for 2-3 seconds and slowly lower. Repeat 10 times.