



# STTAR CLINIC

Movement before & after surgery may reduce complications like blood clots. The body can better cope with the stress & return to a normal quality of life.

## MOVE

Deep breathing exercises help optimize your lungs allowing them to recover faster and prevent potential complications like pneumonia

## BREATHE

Increase protein intake before surgery helps to expedite healing after surgery. Foods like cheese, nuts, fish, chicken, Greek yogurt and peanut butter are healthy whole food choices.

## DIET

Carbohydrate loading the morning of surgery has proven beneficial by providing the body stamina during the procedure and alleviating potential nausea & vomiting

## DRINK

# ERAS

Enhanced Recovery After Surgery

## FLUID

Good hydration before surgery helps the kidneys filter toxins from anesthesia and prevents potential constipation which can be seen after surgery. Drink 64 oz of water daily.

## SHOWER

Following the presurgical showering schedule and using the recommended products Hibiclens or Dial liquid body wash will help prevent surgical site infections after surgery

## PAIN CONTROL

Multimodal pain approach used after surgery helps minimize narcotic use and the potential side effects that are associated with their use like constipation.

## STRESS REDUCTION

Stress reduction prior to surgery is important for optimal healing. Participate in activities that distract from worry like meditation & deep breathing.