

Spine E.R.A.S. Education


Enhanced Recovery After Surgery

Goals of ERAS: To involve you and your family in your recovery, to get you home as soon and as safe as possible and to improve the outcome and overall satisfaction of your surgical experience.

YOUR ROLE BEFORE SURGERY

- Walk and exercise prior to surgery. Walking helps to increase muscle tone and improve circulation, even 15 min daily. You can exercise before surgery if it does not increase your pain.
- Make sure your home is adapted to your post-op needs. Install any safety equipment necessary. Any items you use regularly that are in lower or upper cupboards should be placed at countertop height, remove any trip hazards. Make sure you obtain all the adaptive equipment you'll need for after surgery- you can use loan closets in your county for free equipment or borrow from family and friends. Make sure you have a chair with firm arms to easily get in and out of.
- Ask family and friends to help you after your surgery. Make sure you have easy food to prepare so you don't stand on your feet for too long- freezer type meals are easy (bought or made).
- No need to bring any of your equipment to the hospital, only bring your brace from the physician, if given one. You can bring your own clothes, very loose fitting, shoes must have non-slip bottom and fully enclose the heel for safety and fall prevention.
- Blood clot (DVT) prevention, after surgery you'll wear the sequential compression devices on your lower legs while in the hospital, Dr. will prescribe you medications to help prevent blood clots. Walking and ankle pumps are an important part in prevention of DVT's.
- It is important to keep moving before and after your surgery. You will be getting out of bed the same day of surgery (log roll). Early mobility following your surgery helps to build your endurance and improves the overall healing process. You are safe to move following surgery as long as you protect the surgical site.

AT HOME

- Limit stairs to once up and once down per day. Always log roll in and out of bed safely. Keep walkways clear of clutter or trip hazards. Use night lights to help guide you into bathroom at night. Always keep your assistive device (ie, walker) at your bedside for safety.
- Do your ankle pumps 10+ every hour. Do not sit for more than 30 min (according do surgeon's guidelines). Walking and changing positions helps with improved blood flow, decrease stiffness and decreases chances of DVT.
- Once your physician has given you clearance to begin to wean out of your brace he may suggest you also begin physical therapy at that time. There are many Beaumont physical therapy locations around Metro Detroit to choose from.
For help in finding a *physical therapy location* nearest to you please call 248-655-3191 or
 1. CALL the PT clinic of choice directly
 2. For **online PT scheduling** click on the link below:
<https://www.beaumont.org/treatments/physical-therapy>
 3. Scan the QR code 
- Always follow your surgeon's guidelines and precautions.*** In general you should *Avoid Bending* to the floor; *Avoid Lifting* over 5 pounds (follow surgeon's guidelines); *Avoid Twisting* the spine. Keep shoulders, hips and toes in alignment; *Avoid overhead reaching or repetitive arm movements.* Wear your back brace or neck brace per surgeon's recommendations.
- Fall prevention: after surgery you are at increased risk for a fall. You should always use the call button for assistance getting out of bed while in the hospital. Medications and surgery can make you dizzy, lightheaded or sleepy. You may experience generalized weakness after being inactive. After you've been laying down, make sure you sit for as long as you need to before standing.