

**Enhanced Recovery After Day Case Bariatric Surgery**

**Enhanced Recovery is a modern, evidence based approach which can help to reduce the risks of surgery and can help you to recover more quickly.**

Enhanced recovery is sometimes referred to as rapid or accelerated recovery. It aims to ensure that patients:

* are as healthy as possible before their surgery
* receive gold standard intra-operative care
* have an active role in their own recovery supported by the healthcare professionals

Having an operation can be both physically and emotionally stressful. An Enhanced Recovery Programme aims to get you back to full health as quickly as possible. Research has shown that the earlier a person gets out of bed, starts walking and drinking after having an operation, this helps to reduce complications and get back to normal daily living.

**Preparing for your Surgery**

Before surgery it is really beneficial to try and be as fit as possible. Fitness for your surgery can be discussed with your GP and can include; smoking cessation, reducing alcohol intake and managing long term health conditions such as high blood pressure and diabetes.

It is also very valuable for your recovery to increase any exercise you might be able to do, even a short walk every other day to start with to safely increase your heart rate as able can be beneficial to your post-operative recovery. Also, practicing deep breathing is key as you will need to do this regularly after your surgery to help to avoid the risk of chest infections. Twice daily oral hygiene (brushing with toothpaste and using a mouthwash) is also shown to help reduce this risk before and after surgery.

It is extremely important that in the 48 hours before your surgery that you keep well hydrated **aiming for at least 1.5 litres in 24 hours** .You can eat up until 6 hours before your surgery (this includes milk) and clear fluids only after this up until 2 hours before. Please follow the advice on your letter.

# Things to bring into hospital with you…

* Fluids - (items that do not need refrigeration) Oxo cubes, sugar free squash, small tubs of custard for example.
* Comfortable loose fitting day clothes and shoes to change into on the ward after your surgery
* Any regular medications that you are currently taking, in their original containers. Ensure you hand these to your nurse when you get on the ward.

**After your surgery in the recovery area**

* Please ask a nurse in recovery for your fluid chart so that you can start to fill this in
* You should now be able to start drinking water when you are fully awake.
* You should start drinking approx. **30mls every 10-15mins (a measuring cup will be given to you)** , after 1 full cup of water and with no nausea or vomiting, you can then increase the volume you are drinking and then progress to squash, tea or coffee.
* Tepid fluids are best rather than too cold or hot.
* The fluids in your arm should be removed before going to the ward
* You may go in a wheelchair to the ward.
* If you do feel nauseated please make the nurses aware who can give you some medication to help, after about 20 mins try to drink again

**On the ward**

* **It is extremely important that you continue to drink and progress to drinking freely so that you are well hydrated**!
* To help reduce the risk of developing blood clots (DVT) and chest infections you now must get up and move around (with supervision at first!) Continue to walk regularly on the ward until you go home!
* When you need to go to the toilet, find the nearest one and walk there with help. This again gets you moving and helps greatly with trapped wind from the surgery which can cause discomfort.
* If you do feel nauseated please make the nurses aware who can give you some medication to help, after about 20 mins try to drink again
* It is expected you will have some discomfort following your surgery and you will be given pain relieving medication to help manage this on the ward and also for discharge. You can request additional pain relief, also known as a Top Up or PRN as you may have some peaks in pain levels. **Please ask your nurse for this as it will not be given automatically.**
* You may return from surgery with a pain relief patch on your upper arm. This is applied in theatre and stays on for 7 days at which point you should remove and dispose.

**Going home**

This will be when you have met the discharge criterion which is;

* You are medically fit i.e. your blood pressure, heart rate and temperature are within normal range for you.
* You are drinking adequately (aiming for estimated 1.5 litres over 24 hours)
* Your pain is reasonably well controlled on the pain relieving medication you are on in hospital

You will be given medications and a discharge letter. Please make sure you understand how and when to take the medications given to you.

You will have a follow up appointment booked for 6 weeks

IF YOU EXPERIENCE ANY ACUTE ABDOMINAL PAIN OR PERSISTANT VOMITING AND FEEL UNWELL PLEASE CONTACT AND RETURN TO THE HOSPITAL IMMEDIATELY.

**Contact number after discharge is Mon-Fri 08:30-16:00 is 01582 497423 Urgent enquires Mon-Fri-08:00-16:30**

**01582 497421**

**Urgent call out of hours and weekends please call 01582 491166 and ask for the on call surgical registrar**