

# Liver Resection Enhanced Recovery After Surgery (ERAS)

Surgeon: \_\_\_\_\_

Surgery: \_\_\_\_\_

**Please use this checklist to record your daily accomplishments. Remember, your post-operative course is individualized to you and may require adjustments or elimination of certain tasks from this list. Your entire surgical team will help you, and if you have questions or need clarification, just ask!!!**

Post-operative Day 0 : \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

- Sit on edge of bed or out of bed to chair x 1 if possible
- Sips of clear liquids – no carbonation
- Chew gum
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Utilize PCA for pain control as needed

Discharge goals:

- Pain control
- Small and easy movements
- Endocrine consult if new diabetic

# Liver Resection Enhanced Recovery After Surgery (ERAS)

Post-operative Day 1: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

- Out of bed, in chair for all meals (6 hours daily)  2h  2h  2h
- Begin to walk around the unit, especially after meals
- Clear liquid diet for breakfast
- Full liquid diet for lunch
- Regular diet for dinner
- Chew gum
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Utilize PCA for pain control as needed

Discharge goals:

- Remove Foley - Urinating independently
- Pain control
- Ambulation
- Diet advancement
- Start Bowel regimen

# Liver Resection Enhanced Recovery After Surgery (ERAS)

Post-operative Day 2: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

- Out of bed, in chair for all meals (6 hours daily)  2h  2h  2h
- Increase activity, walking especially after meals. 4 or more times
- Regular diet for breakfast, lunch and dinner
- Chew gum
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Transition to oral pain medications

## Discharge goals:

- Pain control
- Ambulation
- Start Lovenox education
- PT/OT consult as needed
- Diet advancement and toleration
- D/C PCA

# Liver Resection Enhanced Recovery After Surgery (ERAS)

Post-operative Day 3: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

- Out of bed, in chair for all meals (6 hours daily)  2h  2h  2h
- Increase activity, walking especially after meals. 4 or more times
- Regular diet for breakfast, lunch and dinner
- Chew gum
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Continue on oral pain medications

Discharge goals:

- Pain control
- Ambulation
- Removal of JP Drain
- Saline Lock IV
- Social work consult as needed
- Continue Lovenox education

# Liver Resection Enhanced Recovery After Surgery (ERAS)

Post-operative Day 4: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

- Out of bed, in chair for all meals (6 hours daily)  2h  2h  2h
- Increase activity, walking especially after meals. 4 or more times
- Regular diet for breakfast, lunch and dinner
- Chew gum
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Continue on oral pain medications

Discharge goals:

- Pain control
- Ambulation
- Removal of JP Drain
- Saline Lock IV
- Nutrition consult as needed
- Lovenox self-administration

# Liver Resection Enhanced Recovery After Surgery (ERAS)

Post-operative Day 5: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

- Out of bed, in chair for all meals (6 hours daily)  2h  2h  2h
- Increase activity, walking especially after meals. 4 or more times
- Regular diet for breakfast, lunch and dinner
- Chew gum
- Incentive spirometer and deep breathing exercises (5-10 times per hour while awake)
- Continue on oral pain medications as needed

Discharge goals:

- Pain control
- Ambulation
- Removal of drain and IV
- Consults completed
- Lovenox self-administration including teach back method
- Diet toleration