# ERAS CARDIAC SURGERY JOURNEY

- Enhanced Recovery After Cardiac Surgery -

bostonchildrens.org/erascardiac

## Before Surgery
- **Education**
- Medical management heart condition
- Pre-operative surgery appointment

## Day of Surgery
- No solid food eight hours before surgery
- Apple juice, Pedialyte or sports drink two hours before surgery
- Premedication

## During Surgery
- Smaller surgical incisions
- Decrease blood transfusions
- Multiple approaches to treat pain

## After Surgery
- Early removal of breathing tube
- Removal of catheters, lines and tubes
- Combination of medications to treat pain
- Prevention of nausea
- Get out of bed early after surgery
- Return to a normal diet

## Follow Up
- Patient and provider video conference
- Monitor recovery
- Satisfaction survey

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Boston Children's Hospital Heart Center