Enhanced Recovery After Surgery

Be strong and healthy in the lead up to your surgery.

To physically prepare for your surgery:
- aim for 30 minutes of daily gentle exercise
- if you have other health problems restricting exercise, aim to discuss this with your GP
- if you smoke, try to stop, or reduce the number of cigarettes smoked (if you need assistance to quit, we can help)
- avoid alcohol in the weeks leading up to your surgery.

Improving your nutrition:
- eat at least three meals per day, do not skip meals
- include two or three snacks a day if your appetite is poor
- choose a variety of foods from the five food groups: meat, dairy, bread and cereals, fruits and vegetables
- if you need to gain weight, choose high-energy and high-protein foods such as dairy milk drinks, cheese, yoghurt, egg, meat, poultry, fish, nuts and beans

The nurse will speak to you about your surgery and recovery at your appointment before surgery. If you have any questions about enhancing your recovery, please contact our ERAS nurse on 5370 3976.