

ERAS CARDIAC SURGERY JOURNEY

- Enhanced Recovery After Cardiac Surgery -

bostonchildrens.org/erascardiac

BEFORE SURGERY



Education



Medical management
heart condition



HOME



Pre-operative
surgery appointment



CARDIOLOGY
CLINIC

DAY OF SURGERY



No solid food
eight hours before surgery



Apple juice, Pedialyte
or sports drink two hours
before surgery



Premedication



PRE SURGICAL
AREA

DURING SURGERY



Smaller surgical incisions



Decrease blood transfusions



Multiple approaches
to treat pain



OPERATING
ROOM

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



CARDIAC ICU
AND STEPDOWN UNIT

FOLLOW UP



Patient and provider
video conference



Monitor recovery



Satisfaction survey



HOME



Boston Children's Hospital
Heart Center