

## ENHANCED RECOVERY AFTER SURGERY (ERAS) PATH TO HOME GUIDE: BOWEL SURGERY

	DAY of SURGERY	1 DAY AFTER SURGERY	2 DAYS AFTER SURGERY	3 DAYS AFTER SURGERY
Breathing Exercises	10 X every hour sitting 	10 X every hour sitting 	10 X every hour sitting 	10 X every hour sitting 
Activities			x3 	
Pain Control	Pills  pain should be kept below 4	Pills  pain should be kept below 4	Pills  pain should be kept below 4	Pills  pain should be kept below 4
Nutrition	Gum and liquids 	Gum, liquids, food as tolerated. 	Gum, liquids, food as tolerated. 	Gum, liquids, food as tolerated. 
Tubes & Drains				