

# Enhanced Surgical Recovery

## Center for Scoliosis and Spinal Deformity



**Center for Scoliosis  
and Spinal Deformity**  
*at Reston Hospital Center*  
HCA<sup>Va</sup>

## About Enhanced Surgical Recovery

The Center for Scoliosis and Spinal Deformity at Reston Hospital Center is an award-winning destination for patients who need complex spinal care. We embrace the latest clinical guidelines to improve the health of our patients.

Enhanced Surgical Recovery (ESR), also known as Enhanced Recovery After Surgery or ERAS, is a patient-centered and evidence-based approach to care that improves surgical outcomes. Every patient who receives spinal surgery at Reston Hospital Center benefits from ESR.

ESR creates better patient outcomes, while reducing opioid use, infection rates, complications, and the length of stay in the hospital.





## A Better Medication Protocol

Before surgery, our patients receive a multimodal oral pain regimen that starts in pre-op. This pre-treatment reduces pain after surgery and decreases the need for stronger opioids. Our patients share that this medication protocol improves their experience.



Patients receive medications in pre-op holding, about an hour prior to surgery which may include a muscle relaxer, anti-inflammatory, long-acting pain medication, Tylenol, and nerve pain medication. We tailor a plan to each patient based on their personal history and medical needs. Surgeries with an anterior approach will typically get a numbing medication at the surgical site to reduce incisional pain such as a tap block or onQ pump.

This combination of drugs is continued every 8 hours. We carefully monitor patients for over-sedation and can provide alternatives if necessary. Since implementing ESR, less than 2% of our patients require IV narcotics because we are able to control their pain before it starts.

## ESR Before Surgery

Before their surgery, our patients receive a:

- Consultation and education to encourage patient involvement and answer questions
- Multimodal oral pain regimen to control pain and limit opioid use
- Carb loading pre-surgery drink that is served cold to improve taste and to avoid a long fasting



period, so patients have more energy to recover

## ESR During Surgery

During surgery, we do the following to improve patient outcomes:

- Limit fluids to promote faster recovery
- Use shorter incisions to promote faster healing and lower the risk of infection
- Limit IV pain medications to decrease the risk of opioid dependence and side effects



## ESR After Surgery

After surgery, our patients:

- Have any drains or tubes removed as soon as possible to promote healing
- Start oral medications in the post-anesthesia care unit (PACU)
- Walk the day of surgery – over 96% of our patients walk just hours after surgery
- Start eating and drinking earlier to allow for faster bowel recovery and body nourishment for faster healing
- Have access to music therapy and pet therapy for pain control to reduce anxiety and, therefore, control pain





## ESR Improves Outcomes

With ESR, our patients report higher satisfaction with their care and better outcomes. Our readmission rates are consistently less than 5%, which is lower than the national average of about 7%. We have also shortened the average length of a patient's hospital stay by one day, which means patients can be back in their home environment to heal comfortably, sooner.



### Refer a Patient to the Center for Scoliosis and Spinal Deformity

To refer a patient to our Center for Scoliosis and Spinal Deformity, please call 703-481-2415.

**CENTER FOR SCOLIOSIS AND SPINAL DEFORMITY**  
at Reston Hospital Center

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