

## Cesarean Enhanced Surgical Recovery (CESR) – Key Steps in the Pathway

### The Last Month of Pregnancy

<b>Prevent Infection</b>	Don't shave pubic hair
<b>Maximize Your Health</b>	No smoking, no alcohol, no non-prescription drugs Control diabetes, blood pressure, thyroid
<b>Plan Your Recovery</b>	Discuss pain management goals Discuss options for "opioid-free" surgery and recovery Discuss mobility goals Discuss target date for discharge

### The Days Before Surgery

<b>Visit to Hospital</b>	Have blood tests 1 or 2 days before surgery. Keep your wrist band(s) on!
<b>Obtain pre-op drink</b>	Obtain from your OB provider or Labor and Delivery
<b>Prevent Infection</b>	Shower with soap and water the night before
<b>Meals</b>	No solid food within 8 hours of surgery

### The Day of Surgery

<b>Pre-Op Drink</b>	Carbohydrate drink 3-4 hours before surgery
<b>Prevent Infection</b>	Shower with soap & water after the carbohydrate drink
<b>Empty Stomach</b>	No food or liquids after the carbohydrate drink
<b>Arrival Time</b>	Arrive to hospital 2½ hours before surgery time

### Enhanced Procedures Before and During Surgery (we will do these things for you)

<b>Prevent Pain</b>	Non-opioid pain medications by mouth Pain blocking techniques
<b>Prevent Nausea</b>	Motion-sickness patch
<b>Prevent Stomach Acid</b>	Acid reducer and acid blocker by mouth
<b>Prevent Infection</b>	Chlorhexadine skin wipe for abdomen in pre-op room Vaginal antiseptic scrub in operating room

### After Surgery (we will work with you to do these things)

Prevent Pain	Scheduled non-opioid pain medications around-the-clock Nerve block procedure
Prevent nausea	Chewing gum, early feeding
Treat pain as needed	Modalities to avoid medications. If medications are needed, either non-opioid or opioid medications can be used
Bladder catheter	Removed at 14 hours, to enhance mobility
Mobility	Stand at 6 hours, start walking at 14 hours
Going home	Working with you to help you achieve your target date