

Information about the enhanced recovery programme for pancreatic surgery

Hepatobiliary and Pancreatic Services

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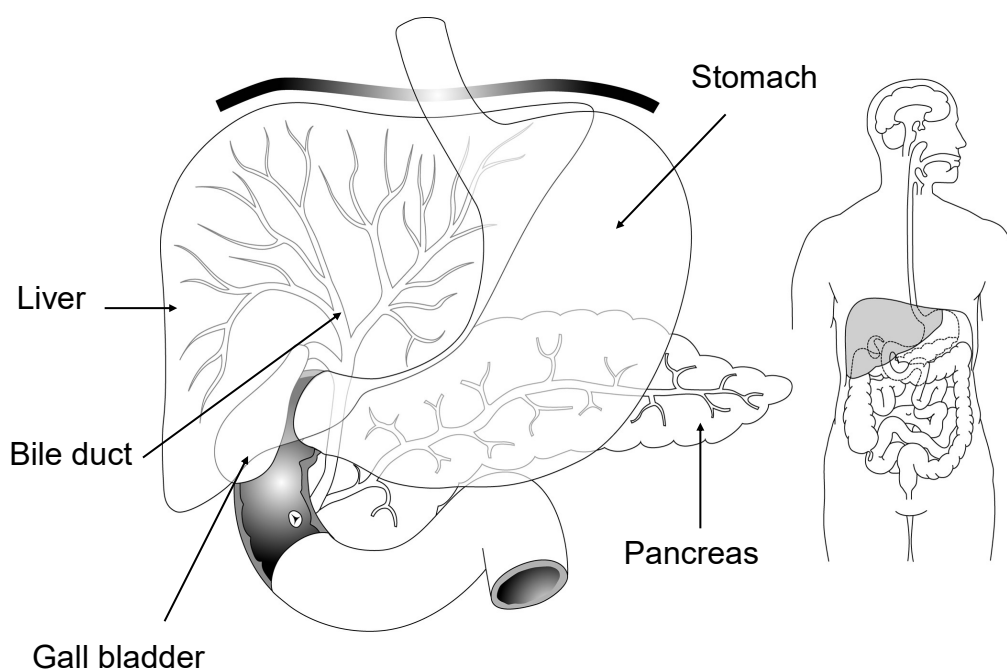
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Information for patients

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Introduction

This booklet has been written to help you to understand the Enhanced Recovery Programme and how you will play an active part in your recovery.



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What is the Enhanced Recovery Programme?

Some aspects of your care may be different from what you might expect in recovering from major surgery, but the Enhanced Recovery Programme has been tried and tested and can speed up your recovery following major surgery.

Enhanced Recovery depends upon you (as well as the team looking after you) following the steps described in this booklet, which continue until you are ready to go home, usually nine days after your surgery. If there is anything you are unsure about, please ask a member of staff or use the numbers at the end of this book to contact one of the team.

Eating and drinking

You will be asked to attend a pre-assessment appointment about a week before your operation. At this appointment you will be given four cartons of a nourishing drink to take home with you. The evening before your operation you need to have these drinks. The table below will help you remember how many drinks you have had.

Do not eat or drink anything from midnight, but take any heart medication as usual. Please do not take any 'blood thinning' tablets. You will be advised about this at your pre-assessment appointment.

The table below will help you to remember how many drinks you have had.

Evening before surgery		Date
Drink 1	(after your evening meal)	
Drink 2	(after your evening meal)	
Drink 3	(before bedtime)	
Drink 4	(before bedtime)	

Nourishing drinks will also be available for you when you are in hospital. It is important that you drink four of these drinks each day after your operation. They give your body the extra nourishment it needs to help wound healing, reduce the risk of infection, and help your overall recovery. You will need to have other drinks as well and, as soon as you are able, we will be encouraging you to have a nourishing diet.

A few hours after your operation, you may be allowed to drink and, if you wish, eat.

Please note: Some patients are not allowed to eat or drink for three days after surgery - your health care team will advise you.

Keeping mobile

Deep breathing exercises

After you wake up from your operation, it is important you start your deep breathing exercises. This will help to reduce the risk of you getting a chest infection.

- Breathe in through your nose and out through your mouth, and repeat this three times.
- After a short rest, “huff” - breathe out with your mouth open, as if you were trying to clean spectacles.

Repeat the above twice. Do this every hour.

Helping your circulation

- Move your feet up and down from the ankles five times.
- Then circle your feet five times.

These exercises will reduce the risk of blood clots.

Getting out of bed

As you begin to recover from your operation, you will be encouraged to increase the length of time that you sit out of bed.

- You will spend at least eight hours out of bed each day.
- You will be encouraged to walk up to 60 metres four to six times a day.

Keeping mobile (continued)

The reason we encourage you to be out of bed as much as possible is that by being in a more upright position and walking about regularly, you will reduce your risk of developing a chest infection. Wearing your day clothes whilst you are out of bed can help you feel positive about your recovery.

Day 1	Sit out of bed for 2 hours	
Day 2	Out of bed for 4 hours:	
Day 3	Out of bed for 6 hours:	
Day 4	Out of bed for 8 hours:	4 walks of 20m
Day 5	Out of bed for 8 hours:	4 walks of 40m
Day 6	Out of bed for 8 hours:	4 walks of 60m
Day 7	Out of bed for 8 hours:	4 walks of 60m
Day 8	Out of bed for 8 hours:	4 walks of 60m
Day 9	Out of bed for 8 hours:	4 walks of 60m
Day 10	Out of bed for 8 hours:	4 walks of 60m

Pain control

It is important that you are not in pain, so that you can walk about, breathe deeply, eat and drink properly and sleep well. You may have an epidural, which allows a continuous supply of pain-relieving medicine to be given. The epidural is usually removed two or three days after your operation. The doctors will prescribe other types of pain-relieving medicines and you will have these regularly, three or four times a day. It is important that you have your painkillers regularly for them to be effective.

Sickness (nausea and vomiting)

Sickness is sometimes a problem after major surgery, and is usually caused by the anaesthetic drugs used to put you to sleep for your operation. You will be given medication during the operation to reduce this, but if you feel sick let your nurse or doctor know so that they can give you other medications. It is important to relieve sickness so that you can eat and drink normally and feel generally better, which will help your recovery.

Tubes and drips

During your operation a tube (catheter) will be put into your bladder to drain your urine away and to allow us to check the amount of urine that your kidneys are producing. This will be removed after two or three days.

You will also have a drip put into your neck or arm during the operation to allow us to give you fluids.

You may be given oxygen for a while after your operation.

Wound drains

You will probably have at least one wound drain after your operation. Wound drains may be left in for up to five days, and sometimes longer. The drains will not get in the way when you are walking around as they will be placed in special bags. Some patients go home with drains still in place, in which case they will be removed in clinic or during an arranged visit to the ward.

Monitoring your progress

We will be recording a lot of information about you whilst you recover from surgery, including:

- How much fluid you are taking in
- How much fluid you are passing out
- How much food you are eating
- When your bowel starts to work
- If you are experiencing pain
- The number of walks you are taking
- The amount of time you spend out of bed

In order to make this monitoring as accurate as possible, please let us know about everything you eat and drink, and also when you open your bowels or pass water. You will be encouraged to write some of this information on the charts yourself.

Day 1

Diet if tolerated
Aim to drink 1 litre of fluid
High energy drinks

You may be told to
have nothing to eat or
drink for three days

Day 2

Aim to drink at least 2
litres of fluid. Continue
with high energy drinks

You may be told to
have nothing to eat or
drink for three days

Day 3

4 high energy drinks

1	2	3	4
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You may be told to
have nothing to eat or
drink for three days

Day 4

4 high energy drinks

1	2	3	4
---	---	---	---

Day 5

4 high energy drinks

1	2	3	4
---	---	---	---

Day 6

4 high energy drinks

1	2	3	4
---	---	---	---

Day 7

4 high energy drinks

1	2	3	4
---	---	---	---

Day 8

4 high energy drinks

1	2	3	4
---	---	---	---

Day 9

4 high energy drinks

1	2	3	4
---	---	---	---

Day 10

4 high energy drinks

1	2	3	4
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Important information for when you go home

Complications do not happen very often, but it is important that you know what to look for. Some of the more common problems are listed below.

Abdominal pain

The type of incision (cut) needed to perform pancreas surgery can be quite painful for some time afterwards. If you have severe pain lasting more than an hour or two, or have a fever and feel generally unwell, please contact us using the numbers at the end of this booklet.

Your wound

It is not unusual for your wound to be slightly red and uncomfortable for the first week or two. Please let us know if your wound is becoming inflamed, painful or swollen, or starts to discharge fluid.

It is normal to have some numbness of the skin below the incision because some of the nerves will have been cut during surgery. The numbness will become less over time.

As you begin to recover from your operation, you will be encouraged to increase the length of time that you sit out of bed.

Passing water

Sometimes after major surgery you may feel as though your bladder is not completely empty after you pass water. This usually gets better over time, but if the feeling continues or it stings when you pass water, please let us know as these may be the signs of an infection.

Exercise

You will be encouraged to be as active as possible straightaway after your operation. When you go home you should continue to have regular exercise. Gradually increase your exercise during the four weeks after surgery, until you are back to your normal level of activity.

Do not do any heavy lifting until at least six weeks after your operation, and you should not go jogging or swimming until six to eight weeks have passed. Start these activities gradually. Common sense will guide you as to how much exercise your body can take. If your wound is painful, you should do less exercise, but once your wound is causing you no pain, you can do most activities, including sex.

Work

Depending on the type of work you do, you may need two to three months off work. If you need further treatment following surgery, this may mean you need longer off work. Please speak to your surgeon about this.

Driving

Do not drive until you are confident that you can drive safely and do an emergency stop if needed. It is best to check with your insurance company before you start to drive again.

Hobbies and activities

In general, you can go back to your hobbies and activities as soon as you feel able. Getting back to normal will help your recovery. However, do not do anything that causes you pain. Do not do any heavy lifting for at least six weeks.

Tiredness

Feeling tired is the most common side effect of pancreatic surgery, and is to be expected. You may need to rest during the day, but try to stay out of bed as much as possible so that you sleep at night. It will take between six and twelve weeks for your energy levels to return to normal.

Contact numbers

You will be seen in the outpatient department about four weeks after going home.

For all enquiries after going home from hospital use the contact details on the red business card you will be given before you go home.

If you need to speak to a member of the Hepatobiliary and Pancreatic Nurse Specialist Service, contact them using the details on the card they will have given you.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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