Enhanced Recovery Program

Enhanced Recovery is a program being used by your health care team to help you prepare and improve your recovery after surgery. Since everyone’s health situation and experience is different, your enhanced recovery program will be personalized to meet your specific needs.

This patient education book is an important part of your recovery. It has information about what you need to know before, during and after your surgery including:

- What to expect at your preoperative visit
- What will happen on the day of surgery
- How to manage pain
- What you can do to reduce your risk of infection
- Your care after discharge from the hospital
- Activities you can do during your recovery

It is important for you to know how to take care of yourself during this time. We encourage you to write down any questions or concerns and to bring them with you to each appointment. Ask a family member or friend to come with you to your appointments to take notes while you are talking with your doctor or other members of your health care team. You may also find it helpful to repeat back any directions you are given to make sure you understand them clearly.

Thank you for choosing The James as your health care provider. We look forward to serving you. For more information about The James, please visit our website at cancer.osu.edu.