

Enhanced Recovery After Surgery

Total Joint Replacement patients having surgery at Sibley will participate in the Enhanced Recovery After Surgery (ERAS) program. This program is designed to help you recover faster after surgery.

- **Do not eat or drink after midnight** the night before your surgery. You may brush your teeth & rinse your mouth, NO smoking, gum chewing, Life Savers or mints are permitted after midnight the day before surgery.
- On the day of surgery we want you to drink one 20 ounce bottle of Gatorade. **The Gatorade must be finished by the time you are instructed to arrive at the hospital** (i.e. Surgery at 10 am – arrive at 7 am, Gatorade **MUST** be finished no later than 7am – even if you are stuck in traffic and will be later than 7).