



**Inclusion criteria**

- Any patient undergoing major free flap surgery

**Exclusion criteria**

- Patients < 12 months of age

**Contraindications for nerve catheter:**

- Patient/family refusal
- Coagulopathy
- Active infection at site of catheter or bacteremia
- Local anesthetic allergy

**Prior to surgery day**

Patient scheduled for major free flap surgery

**Outpatient**

**Inpatient**

**Pre-Admission Testing (PAT)**

\*All outpatients to have PAT visit\*

• **Introduction to ERAS principles**

- **Discuss** anesthesia plan, including multimodal analgesia with nerve catheters (or PNB if nerve catheters are **contraindicated**)
- **Verify** plan for obtaining pre op labs (surgery team to have previously ordered)
  - CBC, BMP, prealbumin, LFTs, coags (PT/PTT/INR), ferritin, vitamin D, vitamin B12, magnesium, phosphate
  - Type & screen

• **Review** medication instructions

• **Provide**

- Diet instructions (carbohydrate-rich drink up to 2 hours prior to surgery)
- [ERAS overview handout \(English\)](#)
- [ERAS overview handout \(Spanish\)](#)

• **Medications to be ordered in PAT**

- Midazolam as indicated

**Nutrition Consult**

- Nutrition should see all patients pre-operatively
  - Surgery will order consultation
  - Will schedule to see same day as PAT visit

- If inpatient and scheduled for surgery, then Anesthesia APRN will complete the pre-anesthesia workup and notify APS APRN for awareness

**Nutrition Consult**

- Nutrition should see all Free Flap patients pre-operatively
- Surgery will order consultation
- Nutrition consult completed at bedside prior to surgery

Prep for surgery

**48 hours prior to surgery date:**

SDS calls caregiver for surgery time, NPO times, and reminder for carbohydrate-rich last PO intake

**Abbreviations:**

- APS = Anesthesia Pain Service
- ERAS = Enhanced Recovery After Surgery
- NPO = Nothing by mouth
- PICU = Pediatric Intensive Care Unit
- PNB = Peripheral Nerve Block
- SDS = Same Day Surgery

[Free Flap ERAS: Preoperative to Intraoperative Algorithm](#)