



## ERAS for cesarean delivery: Postoperative care

Enhanced recovery after surgery (ERAS) has been shown to improve patient outcomes and save resources. Using ERAS Society principles, the following elements have been recommended under author consensus for postoperative cesarean delivery (CD).

### Postoperative pathway



*Consider recommending gum chewing if delayed oral intake is planned*

*Reduce incidence of nausea and vomiting through IV administration of ephedrine or phenylephrine and lower limb compression and use of antiemetic agents during CD*

*Use nonsteroidal anti-inflammatory drugs and paracetamol (acetaminophen) regularly for postoperative analgesia*

*Provide a regular diet within 2 hours after CD*

*Maintain tight control of capillary blood glucose for perioperative glucose control*

*Use pneumatic compression stockings for thromboembolism prophylaxis. Avoid routine use of heparin after CD.*

*Recommend early mobilization after CD*

*Remove urinary catheter immediately after CD*

### Postpartum mother pathway



*Provide standardized written discharge instructions to facilitate discharge counseling*