

Microsurgical Breast Reconstruction

ERAS Protocol

- Scopolamine patch in preop holding area
- IV antibiotics preop and redosing schedule
- Euvolemia ~ 300 cc IVF per hour – alert surgeon if pressors needed
- ETT with muscle relaxant/paralytic
- Regional blocks once intubated – split 20 cc of Exparel into 4 blocks
 - Chest – Thoracic ESP
 - Abdomen – TAP vs ESP vs QL3
- Propofol drip in background for antinausea (can still use gases)
- Benadryl 25 mg IV after induction
- Ketamine drip 0.1 mg/kg/hr – stop 2 hrs prior to extubation
- Acetaminophen 975 mg po in preop or 1 g IV at beginning of case
- Toradol 30 mg IV during anastomosis
- Valium 5 mg IV during anastomosis
- Zofran

Nerve blocks if no Exparel:

Medication	Concentration	Volume (cc)
Normal saline	0.9%	200
Bupivacaine with 1:200,000 epinephrine	0.25%	50-60
Dexamethasone (Decadron)	4 mg/cc	1
Dexmedetomidine (Precedex)	100 µg/cc	0.5
Ketorolac tromethamine	30 mg/cc	1