

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
 - o Chest – Thoracic ESP
 - o Abdomen – TAP (no rectus sheath block) 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	