

Applying the ERAS Protocol in Microsurgical Breast Reconstruction: Insights From Our Practice

Enhanced Recovery After Surgery (ERAS) has become an important framework for improving perioperative care in breast reconstruction, particularly by standardizing multidisciplinary pathways that support faster recovery, reduced opioid exposure, and shorter hospital stays without compromising surgical outcomes. This talk reviews our experience applying an ERAS protocol to microsurgical breast reconstruction, with emphasis on translating evidence-based principles into a practical, team-based workflow. We will discuss key components across the perioperative continuum, including patient education, preoperative optimization, multimodal analgesia, anesthesia coordination, goal-directed fluid management, early mobilization, diet advancement, flap monitoring, and discharge planning. Drawing from our practice, we will highlight implementation challenges, protocol refinements, patient-centered outcomes, and lessons learned in aligning surgeons, anesthesiologists, nurses, and allied health professionals around a shared recovery pathway. The goal is to provide attendees with actionable insights for adapting ERAS principles to their own microsurgical breast reconstruction programs while maintaining safety, efficiency, and high-quality reconstructive care.