Preface

Enhanced Recovery after Surgery (ERAS) for Colorectal Surgery

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Enhanced Recovery after Surgery (ERAS) protocols are multimodal perioperative care pathways designed to improve the care and outcomes of patients undergoing surgery. Institutions across the country are adopting ERAS protocols but to varying degrees and with different components included in their protocols making it difficult to determine which components are effective in improving patient care. The focus of this issue of *Clinics* is to review the components of ERAS protocols and their effectiveness, to illustrate the implementation of an ERAS protocol, and to look at the associated economic implications. In addition, this issue addresses the question of which patients should be excluded from ERAS

protocols and if ERAS protocols influence patient and surgeon satisfaction. Finally, although ERAS pathways typically are initiated in the immediate preoperative period, the opportunity to extend and enhance the ERAS pathway with prehab is explored. This issue provides a comprehensive evaluation of the current use of ERAS protocols in colorectal surgery to help the practicing colon and rectal surgeon determine which protocol is most effective for them. I would like to thank the contributors for their excellent contributions and Dr. Scott Steele for allowing me to present this information.

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