

FRAPS PROTOCOL

This patient is following Dr. Koneru's **Fast Recovery After Plastic Surgery (FRAPS)** Protocol. The goal is a shortened hospital stay, less narcotic usage, and faster return to the activities of daily living.

PREOP

- Hibiclens or Antibacterial Soap bathing within 12 hours of surgery
- Scopolamine patch or Emend preoperatively for Nausea control
- Neurontin and possibly Celebrex 1 to 2 hours before surgery
- Gatorade, Pedialyte, or other Clear Liquid energy drink up to 2 hours before surgery unless Diabetic
- Bair Hugger or other warming blankets on in the Preop Holding Area

IN OR

- Tylenol 1 gm IV On Call to the OR
- Kefzol 1 or 2 gm IV OCOR unless allergic, then Vancomycin 1 gm IV OCOR
- Decadron, Reglan, and Zofran by Anesthesiologist
- Local Anesthetic for Blocks: Exparel, Marcaine (Bupivacaine), or Naropin (Ropivacaine)
- Toradol 30gm IV at the end of the case or in PACU unless Diabetic, Renal Failure (GFR<60), or significant bleeding

POSTOP

- Neurontin q8h x2 doses and Toradol q6h x6 doses
- Early Ambulation after getting to the room and then 10-15 minutes q2 hours while awake
- Total 500 steps Day 1, 1000 steps Day 2, 1500 steps Day 3 using step counter on phone or watch