

ERAS Anesthesia Protocols

MIS Cardiac Surgery



Paravertebral Catheter for Postoperative Analgesia

Opioid Sparing Techniques:

- Acetaminophen
- Dexmedetomidine
- <500 mcg fentanyl equivalent
- Short-acting/ judicious dose of long-acting opioids
- Ketamine
- Treat hypertension with antihypertensives



Antimicrobial Prophylaxis

- Cefazolin re-dosed every 4 hours
- Additional antibiotics re-dosed per standard guidelines



Liberal PONV Prophylaxis

- Number of agents per APFEL score



Aggressive Patient Warming Interventions:

- Underbody warmer
- Increase room temperature
- Fluid warmers



Lung Protective Ventilation

- Tidal volume 6-8 mL/kg predicted body weight
- PEEP 5cmH₂O then optimized using compliance/driving pressure
- FiO₂ minimized to maintain normal SpO₂
- Recruitment maneuvers following periods of lung collapse
- Maintenance of minimal ventilation while on CPB



Transition to Pressure Support Ventilation in the OR



Strict Glucose Control

- Insulin administered to maintain glucose 4-10 mmol/L



Goal-Directed Fluid Therapy