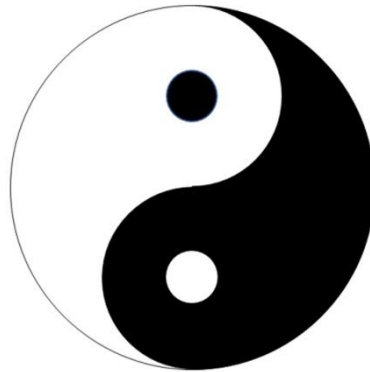


Appendix 1. Tai Ji symbol, a visualization shows the relationship of Yin and Yang.



Yin and Yang is a simple and profound ancient Chinese philosophy. The philosophy of Yin and Yang has three characteristics: unity, opposition and mutualization. Yin and Yang is the description of the fundamental factors behind the laws of nature in ancient Chinese civilization that promote the development and changes of the laws of nature. It is the driving force behind the gestation, development, maturity, decline and death of various things. It is the core of the logical thinking foundation of Chinese civilization.

Appendix 2 Part of ERAS Protocols

Preoperative	Pre-rehabilitation exercise
	MDT meeting
	No bowel preparation
	Fasting time reduced to 6h prior to surgery
	Oral carbohydrate 2h prior to surgery
Intraoperative	MIS (laparoscopic/robot)
	Small incision (no more than 10cm)
	Maintain intraoperative temperature

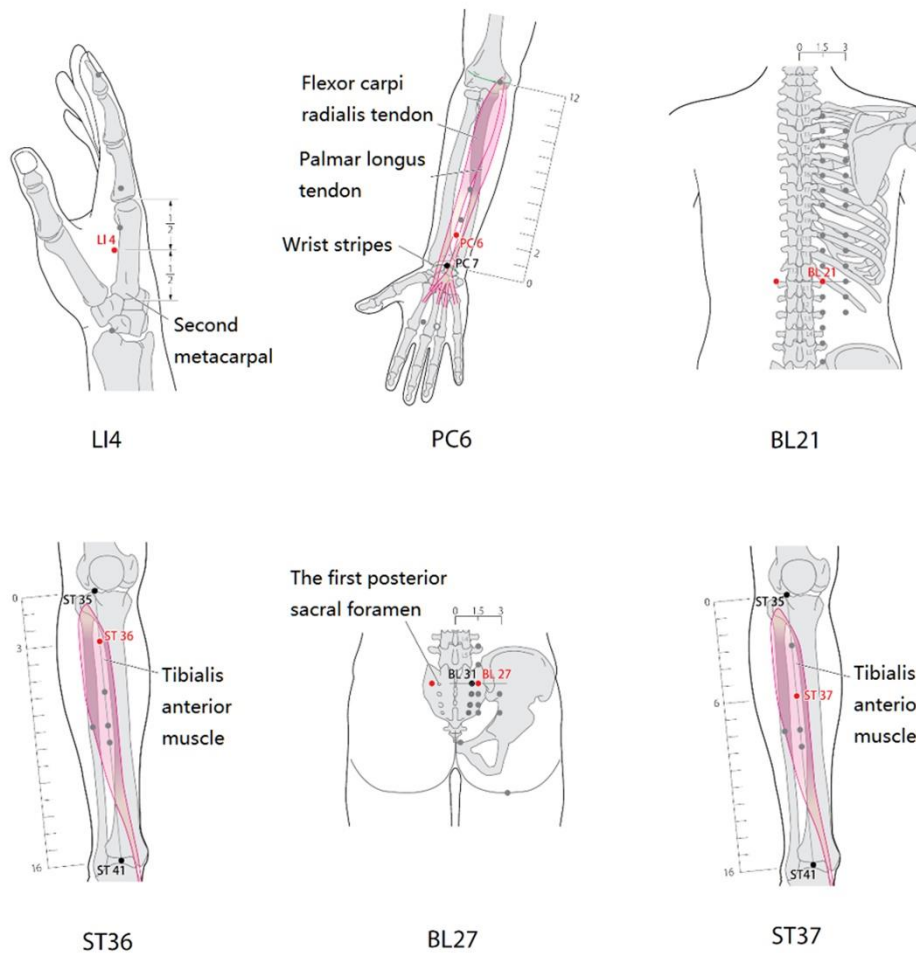
	No drainage tubes for usual Epidural anesthesia—assisted general anesthesia
Postoperative	Early enteral feeding Early mobilization Early removal of urinary catheter and drainage tubes Prevention of DVT Goal-oriented fluid therapy

ERAS: Enhance Recovery After Surgery; MDT: Multiple Disciplinary Team;

MIS: Minimally Invasive Surgery; DVT: Deep Vein Thrombosis.

Appendix 3 Locations of acupoints

(The figures are from WHO standard acupuncture point locations)



The selection of these acupoints is mainly based on the theory of Traditional Chinese Medicine combined with clinical application experience. The theory of TCM believes that factors such as trauma and anesthesia can cause visceral dysfunction, leading to "stomach disharmony and Qi inversion". Therefore, the principle of choosing appropriate acupoints is "harmonize the stomach and recuperate the Qi". *Zusanli* belongs to the Stomach Meridian of Foot-Yangming. It has the functions of regulating the Qi of gastrointestinal tract, harmonizing stomach and strengthening the spleen. It can not only promote the recovery of gastrointestinal function, but also regulate immunity and increase anti-inflammatory effects. *Shangjuxu* belongs to the Stomach Meridian of Foot-Yangming too, which has the similar functions of *Zusanli*. These two points are commonly used to relieve gastrointestinal symptoms such as abdominal pain,

bloating, and vomiting. *Hegu* belongs to the Large Intestine Meridian of Hand-Yangming and *Neiguan* belongs to the Pericardium Meridian of Hand-Jueyin, which have the functions of relieving vomiting and pain. *Weishu* and *Xiaochangshu* belong to the Bladder Meridian of Foot-Taiyang, which has the function of harmonizing the stomach and strengthening the spleen. And *Xiaochangshu* has the effect of dispersing the heat of the small intestines.

Appendix 4 Anesthesia-Related Description

Type of Anesthesia	Epidural anesthesia (Th7)–assisted general anesthesia
Anesthetics	<p>Induction: Propofol (Diprivan, AstraZeneca, Britain);</p> <p>Analgesia: sufentanyl (Sufenta, IDT Biologika GmbH, Germany);</p> <p>Muscle relaxant: Atracurium (Tracrium, The Wellcome Foundation Limited, Italy);</p> <p>Vecuronium bromide: (Norcuron, Organon, Holland);</p>
Postanesthetic	Postanesthesia care unit