

Advanced anesthesia strategies in outpatient surgery: Guidelines for minimizing perioperative complications

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ABSTRACT

The growing popularity of outpatient surgery has necessitated a refined approach to anesthesia management to ensure the safety and efficacy of procedures. This study reviews the recommended strategies for the administration of anesthesia in outpatient surgery, with a focus on reducing perioperative complications. Appropriate choice of anesthetic technique, close perioperative monitoring, and postoperative pain management are discussed as essential elements to improve clinical outcomes and patient experience.

Keywords: Anesthesia, Outpatient surgery, Perioperative complications.

INTRODUCTION

Outpatient surgery, also known as one-day surgery, has gained popularity due to its convenience and lower cost compared to prolonged hospital stays. However, the administration of anesthesia in this context requires specific care to avoid complications that could negatively impact the patient. Reviewing current strategies can provide clear guidance for healthcare providers in the safe and effective management of anesthesia in outpatient surgeries.

OBJECTIVE

The main objective of this study is to present evidence-based guidelines for the safe administration of anesthesia in outpatient surgery, aiming to minimize perioperative complications and improve clinical outcomes.

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MATERIAL AND METHODS

An integrative review of the scientific literature was carried out, with a detailed search in databases such as PubMed and Scopus, using terms such as anesthesia, ambulatory surgery, complications and their combinations. Original studies, systematic reviews, and guidelines from medical societies published in the last ten years were selected. The critical analysis of these studies allowed the formulation of well-founded recommendations for clinical practice.

RESULTS

Recommendations include a thorough assessment of the patient's physical and psychological status prior to the procedure, the appropriate choice between general, regional or sedation anesthesia according to the complexity and duration of the procedure, and the implementation of robust perioperative monitoring protocols. Strategies for the effective management of postoperative pain and the prevention of complications such as nausea and vomiting are also discussed as essential components of good practices in ambulatory anesthesiology.

CONCLUSIONS

The application of specific guidelines for anesthesia in outpatient surgery can significantly reduce the incidence of perioperative complications, promote a faster and more comfortable recovery for patients, and optimize the utilization of hospital resources. Interdisciplinary collaboration between anesthesiologists, surgeons, and nurses is crucial to ensure the effective implementation of these recommendations in daily clinical practice.