

Comparative study: Impact of local versus general anesthesia on postoperative recovery in outpatient procedures

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ABSTRACT

The choice between local and general anesthesia in outpatient surgical procedures has been the subject of study and debate due to its potential impact on the postoperative recovery of patients. While local anesthesia offers advantages such as shorter recovery time and reduced respiratory complications, general anesthesia is often preferred because it ensures a state of unconsciousness during the procedure, and can influence different aspects of immediate and short-term recovery.

Keywords: Local anesthesia, General anesthesia, Postoperative recovery.

OBJECTIVE

The purpose of this study is to evaluate the effects of local versus general anesthesia on immediate and short-term recovery in outpatient surgical procedures. The impact of these anesthetic modalities on parameters such as post-anesthetic recovery time, incidence of postoperative nausea and vomiting, postoperative pain, and overall patient satisfaction with the procedure will be investigated.

METHODOLOGY

To achieve the proposed objective, a systematic review of the literature will be carried out to identify relevant studies that compared local and general anesthesia in outpatient surgeries. Studies that reported data on post-anesthetic recovery time, incidence of adverse effects such as nausea and vomiting, postoperative pain intensity assessed by validated scales, and reports of patient satisfaction will be included. Data analysis will be conducted using appropriate statistical methods to compare differences between the local and general anesthesia groups.

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RESULTS

Preliminary results indicate that patients undergoing local anesthesia have a significantly shorter post-anesthetic recovery time when compared to those receiving general anesthesia. In addition, the incidence of nausea and vomiting seems to be lower in the local anesthesia group, suggesting a potential advantage in this modality. Regarding postoperative pain, although data are still being analyzed, there are preliminary indications that pain intensity may be lower in locally anesthetized patients.

CONCLUSIONS

Based on the results observed so far, it is possible to conclude that local anesthesia can offer significant benefits in immediate and short-term recovery in outpatient surgical procedures, when compared to general anesthesia. These benefits include reduced post-anesthetic recovery time and lower incidence of adverse effects such as nausea and vomiting. However, further investigations are needed to confirm these observations and explore other relevant aspects, such as patient satisfaction and the cost-benefit of different anesthetic modalities.