

SUMMARY

The ability of preoperative evaluation to detect important symptoms from medical history makes its benefit greater than its cost as it minimizes expensive delays on the day of surgery. With information from patient medical history and physical examination, testing could be limited to that warranted by symptoms or risk grouping and to tests for conditions indicating the existence of disease entity.

The purpose of outpatient premedication includes anxiolysis, sedation, amnesia, prophylaxis of nausea and vomiting, acid aspiration risk reduction and desirable anticholinergic effects. The ideal premedicant should be easy to administer, highly effective with a rapid onset and timely offset of therapeutic effect, free of severe side effects and inexpensive.

The selection of an anesthetic technique that is appropriate for outpatients can be challenging. The ideal outpatient anesthetic provides a smooth transition from the preoperative holding area to the operative room, effective intraoperative amnesia and analgesia, appropriate surgical conditions, and a rapid return to one's baseline mental state. The drugs used should have a rapid onset and elimination, be easily titratable, and have minimal side effects. Three main factors should be considered in the choice of anesthetic technique for outpatients. It includes patient considerations, anesthetic considerations and surgical considerations.

Serious postoperative complications are rare while minor postoperative complications are common after outpatient anesthesia and, cause delays in discharge, with the associated potential for increased cost and decreased efficiency. The two most common postoperative complications are pain and postoperative nausea and vomiting.

The safe timing of patient discharge in relation to recovery from general or regional anesthesia is a major concern. At the time of discharge from the outpatient surgery unit, the patients should be "home ready", that is they should be clinically stable and able to rest at home under the care of responsible adult.