



# One Day Surgery Times

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*Wishing you and your family*



*Very Happy Deepawali & Prosperous New Year*

**From the Editors Desk:**

**General Surgery as Day Care:**

**On behalf of One Day Surgery Center - Babulnath Hospital, we wish all our readers a happy and healthy deepavali.**

I have often received phone calls from family physicians asking 'if a hernia can be operated as a day case?', Or other such relevant question. Therefore, this diwali issue is on Day Case Surgeries in General surgery.

Briefly going into the history of Day Care Surgery in Mumbai, the obvious pioneers would be Ophthalmic and ENT surgeons. To mind, Dr. L. H. Hiranandani would be considered as the first Day Care Surgeon, around.

In General Surgery, Dr. Bhanu R. Shah, is was first to start single speciality center, several decades ago.

Malpani Day Care Center, would easily be the first multi-speciality, stand alone set-up ever to be established and had successfully adhered to the concept of One Day Surgery, till it was changed a few years ago.

Now, we find several Day Surgery Centers run and managed by surgeons as single speciality, and the numbers are growing.

At One-Day Surgery Center, is free standing / standalone center with multi-speciality activity. About 20% of the cases are free of charge. Even otherwise, the charges are about half to one third that of larger hospital.

Please go through the list of procedures, which I do as Day Care, and am sure, are being performed by most General Surgeons.

**OPD / Minor procedures:**

- 1) Excision of: Lipoma / Sebaceous cyst / Demoid Cyst / Neurofibroma.
- 2) Ingrown toe nails.

- 3) CLW suturing.
- 4) Auroplasty.
- 5) Corn / Warts excision-Cautery.
- 6) FNAC / Biopsy.
- 7) Lymph node biopsy.
- 8) Vasectomy.
- 9) Ascitis / Pleural tapping.
- 10) Drainage of small abscesses.
- 11) Ganglion.

**Major Procedures:**

- 1) Hernias: Inguinal / Umbilical / Small Incisional.
- 2) Piles: Injection, Excision.
- 3) Pilonidal Sinus excision.
- 4) Hydrocele excision.
- 5) Circumcision.
- 6) Drainage of Large abscesses.
- 7) Breast Lump.
- 8) Gynaecomastia.
- 9) Varicocele ligation.
- 10) Vasectomy.
- 11) Fistula-in-ano.
- 12) Fissure-in-ano.
- 13) Diabetic foot: Debridment / Limited Disarticulation.
- 14) Orchidectomy / Orchidopexy.
- 15) Testicular Biopsy.
- 16) Skin grafting.
- 17) I & D of large abscesses.

These are the routinely performed surgeries which are regularly being done as Day Care. To my mind, these General surgical cases form upto 60% of every surgeons surgeries as a routine.

The logic behind is not just cutting cost, but, that, if not required, then why should a patient and his relatives be subjected to the inconveniences of any hospital. If a patient requires observation, or if he/she need institutional backup, then by all means let them stay as long as it is required. It should depend on case to case basis.

There is tremendous potential of expanding the list, by adding more and more cases. In addition to these, in selected cases, Appendicectomy (Chronic or recurrent types), very few selected Cholecystectomies Lap. / Mini-laprotomy) usually, staying up to 23

hrs., can be included in a Day case. However, in select cases, we do need to keep the patient up to 48 hrs.

The criteria's for Patient Selection and Patient preparation have been detailed in the December 2008, Issue 5, Vol 1 of One Day Surgery Times. It also included the Types of anaesthesia and Discharge Criteria's used for Day Care surgery. These are strictly followed.

From the experiences of this center and many other surgeons who regularly perform One Day Surgery, it is seen that in the hands of experts, the complications rate is very low. The learning curve, initially, does increase the chances of complications, but, these are rapidly reduced.

World over, except supra-major cases or patients with associated complications, usually medical, are operated as One Day.

There are several advantages and disadvantages of Day Care Surgery. Briefly:-

**Disadvantages:**

- Poor patient acceptance.
- Do not follow pre-op./ Post-op. instructions.
- Inadequate facility at home for post-op. Care.
- Lack of responsible person to take care at home.
- No facility for post-op. emergencies / complications at or near home.
- Patient may feel comfortable during surgery, as they are conscious, but sedated.
- Failure of block.

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**Surgery & discharge on same day for:**

Hernia, Piles, Fistula, Fissure, Diabetic foot, Pilonidal sinus, Ingrown toe nail, Lipoma, Sebaceous cyst, Abscess, Circumcision, Vasectomy, D & C, Tubal Ligation, Diagnostic Lap; etc. (In selected cases)

**Extended stay:** Appendix, Gall stones, Hystrectomy, etc.



**Other Surgeries related to:** Paediatric, Urology, Plastic, ENT, Vascular. Chemotherapy & related treatment. (Please take prior appointment).



**One Day Surgery Center**

**BABULNATH HOSPITAL**

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**Advantages:**

- Reduced hospital stay.
- Early resumption of day-to-day activity.
- Cost effective.
- Reduces anxiety of `surgery`.
- Recovery in familiar surroundings.
- Reduces hospital-acquired infection.
- Risks and side effects of G.A. are reduced, as regional and local anaesthesia is extensively used.
- Faster post-op. recovery.
- Less need for post-op. Starvation.
- Suitable even for cases where GA is contraindicated.
- Reduces the patient over load in the hospital.
- Reduces `wait list` for surgery.

To my mind, the advantages are far more than the disadvantages. They are well established and proved over several years. Over a period of time, the Disadvantages can be reduced by proper pre & post op counseling of the patient and their relative. 10 to 15 min. Spent with the patient goes a long way in the success of One Day Surgery.

And the best person to do so, is the Family Physician / General Practitioner. They know the pulse of the patient and the family and are trusted. On their recommendation, the surgeon is chosen. Therefore, creating awareness is very important.

**Dr. T. Naresh Row**

**Patient's convenience and safety is our prime concern.**