

Day surgery (outpatient or ambulatory surgery) provides high quality and efficient care for a wide range of surgical procedures, with the primary goal of achieving early recovery and patient satisfaction, while the health system benefits from lower costs. Furthermore, there is a risk of complications specific to each regional technique and the local anesthetic drug used, such as postdural puncture headache (PDPH), transient neurological symptoms, nerve damage, urinary retention, and local anesthetic toxicity. The advantages of regional anesthesia over general anesthesia include lower rates of postoperative nausea and vomiting (PONV) and postoperative discomfort, less need for analgesics, enhanced alertness, shorter stays in the post-anesthesia care unit (PACU), and lower expenditures. Techniques for regional anesthesia include intravenous regional anesthetic (Bier's block), local infiltration, peripheral nerve blocks, and central neuraxial blockade. Induction may also cause discomfort to the patient.