Safety and Feasibility of Bariatric Surgery Without Inpatient Hospital Admission – A Prospective Study

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INTRODUCTION

The COVID-19 pandemic has led to extended wait lists for surgery and ongoing hospital bed pressures.

Can bariatric surgery be performed safely without hospital admission?

METHODS

Inclusion

- Age ≥ 18 years
- SG or RYGB
- Bariatric surgery preparation program

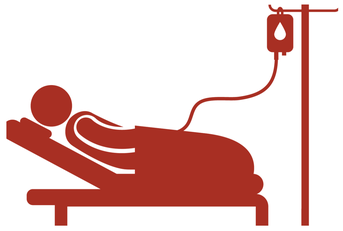
Exclusion

- Revisional surgery
- BMI ≥ 55
- Insulin-dependent DM
- Therapeutic anticoagulation

Surgical technique and peri-op care standardized for both groups

- SG → sized over bougie
- RYGB → linear stapled GJ, intra-op leak test
- No routine EGD
- No routine drains
- No routine post-op labs
- No routine post-op UGI study
- Early initiation of fluid diet
- Encourage oral post-op analgesia
- RN follow-up at 1-week

RESULTS



Control Group
(n = 47)
March 2021

vs.



Intervention Group
(n = 47)
June 2021

- Post-op admission to hospital
- Discharge ≥ POD1

- Post-op recovery in "overnight stay" area
- Discharge within 23 h

	Control (n = 47)	Intervention (n = 47)	p-value
Age (years)	41.3	42.8	
Females (%)	38 (80.9%)	41 (87.2%)	
BMI	44.4	44.6	
RYGB (%)	34 (72.3%)	42 (89.4%)	
SG (%)	13 (27.7%)	5 (10.6%)	
OR time (hh:mm)	1:19	1:12	
LOS (hh:mm)	25:13	20:40	
7-day ED visits (%)	**3 (6.4%)**	**2 (4.3%)**	**0.63**
30-day ED visits (%)	**4 (8.5%)**	**4 (8.5%)**	**1**

Similar rates of comorbidities between groups
Two (4.3%) patients in the intervention group required post-op hospital admission for monitoring and were discharged POD1
No ED visits required hospital admission and there was no morbidity or mortality

DISCUSSION



Role of other measures used to facilitate fast-track bariatric surgery unclear

- Peri-op aprepitant, steroids, TXA, TAP blocks
- Outpatient IVF
- Increased frequency of post-op follow-up

Demand for bariatric surgery without admission will continue as hospitals face ongoing bed and resource pressures.

Further research into the standardization of patient selection and protocols for short-stay bariatric surgery is needed.

CONCLUSION

Performing bariatric surgery without hospital admission is safe in select patients without increased ED visits, readmissions or other complications.