



Understanding the Impact of General Surgery on Patient Health

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DESCRIPTION

General surgery is a medical discipline that involves performing a wide range of surgical procedures to treat various conditions affecting different parts of the body. This branch of surgery encompasses operations on the gastrointestinal tract, liver, pancreas, bile ducts, thyroid gland, and other abdominal organs. General surgeons are also trained to manage trauma, soft tissue infections, and hernias. This article provides a detailed examination of general surgery, including its scope, common procedures, preoperative and postoperative care, and the role of the general surgeon.

General surgery covers a broad spectrum of surgical interventions. General surgeons are skilled in diagnosing, treating, and managing patients with conditions that require surgical intervention. Abdominal surgery is the procedure involving the stomach, intestines, gallbladder, liver, pancreas, and spleen. Breast surgery is surgical management of benign and malignant breast conditions. Colorectal surgery is the operations on the colon, rectum, and anus, including treatments for colorectal cancer, diverticulitis, and inflammatory bowel disease. Surgeries on endocrine glands such as the thyroid, parathyroid, and adrenal glands. Surgical correction of hernias in various locations, including the groin, abdomen, and diaphragm. Trauma surgery is an immediate surgical treatment for injuries caused by accidents, violence, or other acute trauma. Vascular surgery is the procedure to address conditions of the blood vessels, excluding those of the heart and brain.

Appendectomy is the surgical removal of the appendix, typically performed to treat appendicitis. Cholecystectomy is the removal of the gallbladder, often due to gallstones causing pain or infection. Herniorrhaphy and Hernioplasty is the repair of hernias using sutures (herniorrhaphy) or mesh (hernioplasty). Colectomy is partial or complete removal of the colon, often due to cancer, diverticulitis, or inflammatory bowel disease. Mastectomy and Lumpectomy is the removal of the breast (mastectomy) or a portion of it (lumpectomy) to treat or prevent breast cancer. Gastrectomy is the partial or total removal of the

stomach, usually for cancer treatment. Thyroidectomy is the surgical removal of the thyroid gland, often due to cancer, hyperthyroidism, or goiter. Comprehensive assessment of the patient's health, including medical history, physical examination, and relevant laboratory tests. Use of X-rays, CT scans, MRIs, or ultrasounds to get a clear picture of the condition being treated. Informing patients about the surgical procedure, potential risks, and postoperative care. This includes discussing anesthesia, pain management, and recovery expectations. Managing any preexisting conditions such as diabetes, hypertension, or heart disease to reduce surgical risks. Instructions on when to stop eating and drinking before surgery and how to manage regular medications. The intraoperative phase involves the actual surgical procedure and is carried out in a sterile environment to prevent infection. Administration of anesthesia to ensure the patient is pain-free and unconscious (general anesthesia) or numb in the surgical area (regional or local anesthesia). Execution of the planned surgical procedure with precision. Surgeons use various tools and techniques, including minimally invasive methods like laparoscopy, to perform the surgery. Continuous monitoring of the patient's vital signs, such as heart rate, blood pressure, oxygen levels, and respiratory status, throughout the procedure. Controlling bleeding by cauterizing blood vessels or using hemostatic agents. Properly closing the surgical incision using sutures, staples, or adhesive materials to ensure optimal healing. Postoperative care is vital for ensuring a smooth recovery and involves regular assessment of vital signs and pain levels. Pain management may include medications administered orally, intravenously, or *via* a patient-controlled analgesia pump. Proper care of the surgical site to prevent infection. This includes keeping the wound clean, changing dressings, and monitoring for signs of infection. Encouraging patients to move and walk as soon as possible to prevent complications such as deep vein thrombosis and pneumonia.

Ensuring patients receive adequate nutrition and hydration to promote healing. This may involve a gradual return to normal eating and drinking. Scheduling follow-up visits to monitor recovery, remove sutures or staples, and address any concerns.

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General surgeons play a multifaceted role in patient care, from initial diagnosis through postoperative recovery. Evaluating patients, interpreting diagnostic tests, and determining the need for surgery. Developing a detailed surgical plan, including selecting the appropriate technique and preparing for potential complications. Performing the surgical procedure with skill and

precision. Overseeing the patient's recovery, managing complications, and providing guidance on rehabilitation. Working with other healthcare professionals, including anesthesiologists, radiologists, pathologists, and specialized surgeons, to provide comprehensive care.