

Opioid-Sparing Strategies for Perioperative Pain Management Among Women Undergoing Reproductive Surgeries and Procedures

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Introduction

Chronic pain is a global public health problem, affecting approximately 20% of the world population. It is a complex condition that can significantly impact quality of life and is often associated with physical and psychological distress. The management of chronic pain is challenging, and the use of opioids has become a common approach. However, the long-term use of opioids is associated with risks such as addiction, tolerance, and respiratory depression. Therefore, the development of opioid-sparing strategies is a priority in pain management. This review explores various non-opioid analgesics and their role in perioperative pain management, particularly for women undergoing reproductive surgeries and procedures. The goal is to provide evidence-based information to guide clinical practice and improve patient outcomes.

Non-Opioid Analgesics

Non-opioid analgesics are a class of drugs used to relieve pain without the risk of addiction associated with opioids. They are often used in combination with opioids to provide better pain relief while minimizing the risk of side effects. The most commonly used non-opioid analgesics are acetaminophen and non-steroidal anti-inflammatory drugs (NSAIDs). Acetaminophen is a central nervous system (CNS) analgesic that works by inhibiting the synthesis of prostaglandins in the brain. NSAIDs, on the other hand, work by inhibiting the synthesis of prostaglandins in the peripheral tissues. Both classes of drugs are effective for the management of acute and chronic pain. However, NSAIDs are contraindicated in patients with a history of gastrointestinal ulcers, kidney disease, or bleeding disorders. Acetaminophen is generally considered safe, but it can cause liver damage if taken in high doses. Therefore, it is important to use these drugs judiciously and follow the recommended dosing instructions. In the context of perioperative pain management, non-opioid analgesics can be used preoperatively, intraoperatively, and postoperatively to reduce the need for opioids and improve patient recovery. This review discusses the pharmacology, efficacy, and safety of non-opioid analgesics and provides recommendations for their use in clinical practice.