



## **Pain management in the postoperative period of invasive surgery**

### **Manejo da dor no pós-operatório de cirurgias invasivas**

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#### **ABSTRACT**

**Introduction:** Adequate pain management in the postoperative period of invasive surgeries is essential to promote patients' recovery and improve their quality of life. Postoperative pain can be severe and compromise respiratory function and overall well-being. Therefore, effective pain management strategies are essential. **Objective:** To examine the management of pain in the postoperative period of invasive surgery, exploring the available therapeutic options, their indications and clinical outcomes. **Theoretical Framework:** The topics covered include the different pharmacological approaches in 5 axes: such as the use of opioid and non-opioid analgesics, regional block techniques, adjuvant therapies such as acupuncture and hypnosis, as well as multimodal pain control strategies. **Methodology:** The electronic databases PubMed, Scopus and Web of Science were used. The following English descriptors were used: "postoperative pain management", "invasive surgery", "pain control strategies". The inclusion criteria were articles available in full text and written in English published in the last 10 years. **Final Results:** Pain management in the postoperative period of invasive surgery requires an individualized and multimodal approach. In addition to opioids, non-opioid analgesics, such as paracetamol and non-steroidal anti-inflammatory drugs (NSAIDs), play an important role in the management of mild to moderate pain and can be used alone or in combination with opioids. Regional block techniques, such as peripheral nerve block and epidural block, have also been shown to be effective in reducing postoperative pain and decreasing the need for systemic opioids. Adjuvant therapies, such as acupuncture and hypnosis, and multimodal strategies, which combine different therapeutic approaches, have gained prominence as complementary options for pain management, helping to reduce the use of medications and promoting patient well-being.

**Keywords:** Postoperative pain management, Invasive surgery, Pain control strategies.