

# DAY

SURGERY



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GENERAL SURGEON  
MILTON KEYNES GENERAL

In 1948 a relatively simple operation like a hernia repair would have meant an average hospital stay of two weeks. Not only was the surgical technique more rudimentary, but the attitude to post-operative care emphasised bed rest. Later it was noticed that patients were developing blood clots and dying due to being recumbent in bed and realised that mobilisation was good for recovery.

In the 1970s, the emphasis started to change to enabling patients to recover in the comfort of their own homes. Technological improvements such as more subtle anaesthetics and minimally-invasive techniques have enabled more and more operations to be handled on this basis. From a handful of such operations in the early 1980s, over 170 procedures can be undertaken as a day or short-stay case.