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A comprehensive meta-analysis and systematic review of same-day discharge protocols following mastectomy with immediate breast reconstruction in surgical oncology

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Objective: This meta-analysis and systematic review aimed to update the evidence on the safety, feasibility, and outcomes of same-day discharge (SDD) after mastectomy with immediate breast reconstruction. Factors influencing SDD were identified by reviewing variables such as age, comorbidities, reconstruction type, and intraoperative and postoperative management. Key outcomes compared SDD and overnight hospitalization, including analysis on complication rates, readmissions, pain control, and patient satisfaction. This study sought to provide evidence on the effectiveness of SDD protocols and their impact on clinical practice, assessing whether SDD can offer a safe, effective alternative to traditional hospitalization for selected patients. **Methods:** The analysis of 61,537 patients across eight studies concluded that SDD after mastectomy with immediate reconstruction did not increase complication, readmission, or reoperation rates. The meta-analysis revealed a moderate and statistically significant effect favoring SDD, with an effect size of 0.193 (95% confidence interval [CI] 0.034–0.352; $p=0.017$). The I^2 statistic of 0% indicated no heterogeneity, reinforcing the robustness of the results. No publication bias was detected. **Results:** Traditionally, patients remain hospitalized for postoperative monitoring, but advancements in anesthesia and surgery have made SDD an increasingly viable option. Studies suggest that SDD is safe and effective, with no significant increase in complications, readmissions, or reoperations compared to overnight stays. Patient selection is crucial, with factors such as comorbidities and reconstruction type influencing outcomes. Proper pain management and follow-up care are essential for success. Standardizing protocols for SDD could help minimize variability in outcomes and ensure consistent patient care. **Conclusion:** The findings of this review suggest that SDD after mastectomy with immediate breast reconstruction is a safe, feasible, and advantageous strategy for selected patients. The implementation of this protocol can optimize hospital resources without compromising patient safety and clinical outcomes. It is possible to anticipate that this approach is a reality.

Keywords: patient discharge; breast reconstruction; mastectomy.