



Opioid-Sparing Pain Management.

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| Level of Evidence | Moderate |
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Consensus Statement

A multimodal approach reduces reliance on opioid-based analgesia and optimizes perioperative pain management.

Main Points

- Multimodal analgesia seeks to reduce reliance on opioids while maintaining effective postoperative pain control.
- Potential benefits include lower opioid exposure, less nausea and vomiting, earlier extubation, and reduced risk of persistent postoperative opioid use.
- Nonopioid agents and bundled ERAS analgesic strategies are favored, although the best regimen in cardiac surgery remains incompletely defined.

Key References

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