

Benefits of an Outpatient Ambulatory Surgical Center

The most recent data from the [Centers for Disease Control and Prevention](#) (CDC) state that 51.4 million surgeries were performed in inpatient hospitals in 2010. They also [state](#) that about one in 25 patients contracts at least one infection during their hospital stay. If you do the math, that's more than 2 million surgical patients with hospital-acquired infections in a single year! Why is that?

Well, when you think about it, it makes sense. If you require surgery for a herniated disc, and you choose an inpatient setting, you aren't just in there with other patients who have herniated discs. Inside that same hospital are patients with pneumonia, or measles, or any number of other infectious diseases. In addition, outbreaks of antibiotic-resistant "superbugs" like MRSA are becoming increasingly common.

So, what's a health-savvy patient to do? Fortunately, not all surgeries require an inpatient hospital setting. For procedures like minimally invasive spinal surgeries, an outpatient ambulatory surgical center, or ASC, can be the ideal setting for expert care. And, it comes without the increased risks associated with traditional hospitals.

Not only does an ASC greatly reduce the chances of hospital-acquired infection, but it holds a number of other benefits for today's patient-on-the-go:

- No hospital stay required: go in, have the procedure, and go home the same day. This also means patients can recover at home, where they're most comfortable, and can take less time off work.
- Lower cost: because extended care is not required, the overall cost is much lower for surgery performed at an ASC compared to an inpatient hospital.
- More efficient: at an ASC, surgeries are scheduled, and there are no unexpected emergencies that could delay or otherwise impact that schedule.
- Relaxed atmosphere: again, with no emergency facilities, everyone's stress is reduced – including the doctors' – making everyone's experience more pleasant.
- Smaller facilities: large hospital complexes can be daunting. You fight traffic to get downtown. You drive around and around a parking garage. You then navigate a seemingly endless maze of corridors and hallways – it can be stressful! ASCs are often located in the suburbs, and their smaller size makes parking and getting through the door fast and easy.

With all the advantages of an ambulatory surgical center, it only makes sense to choose this setting for your minimally invasive spine surgery. So, do your homework and find an AAAHC-accredited ASC. You can be sure you'll get the quality care you need without any unnecessary worry or risk.