

The Patient Journey To Surgery: How Did We Get Here?

1 Injury Occurs

Ouch! Maybe you twist an ankle while you're playing soccer. Maybe the arthritis in your knee finally makes walking unbearable. Even injuries that appear minor at first could require medical treatment or surgery.

Over **6 million** bone fractures occur every year. And more than **40%** of fractures occur in the home.

A patient's injury will likely be painful, and most patients will try to address that discomfort at home using a little Ibuprofen or Acetaminophen. However, if the injury is substantial enough, you may be on the road to surgery at an Ambulatory Surgery Center (ASC).

2 Medications

3 Alternative Treatments

Patients will sometimes seek to address the symptoms of both acute and chronic pain by seeing a chiropractor, acupuncturist, or massage therapist. For less significant injuries, these alternatives can provide therapeutic value; however, some of these approaches will not treat the underlying injury.

A physician will be able to determine the source of the patient's pain and the likely severity of the injury. Patients will be able to discuss treatment options and may be given a referral to a specialist, or if necessary, a surgeon.

After incidents with **non-emergency injuries**, such as a fender-bender or a slip or fall, it's recommended that you **see a doctor within 72 hours**.

4 Visit To A Specialist

5 Additional Testing

The patient's first X-ray may not reveal the extent of a patient's actual injury, so additional tests may be required. MRIs, CT scans and more will tell doctors whether surgery is required or whether your injury may heal on its own.

Diagnostics and testing may indicate that physical therapy could improve the healing process. In some cases, physical therapy is used to help avoid surgery and facilitate avoiding future issues. For other patients, physical therapy may be part of hospital or ASC surgery preparation.

Physical therapy boasts a **41%** success rate for patients who are searching for non-opioid pain relief.

6 Physical Therapy (Pre-Op)

7 Physician Recommends Surgery

Your physician may recommend surgery when your injury will not heal without intervention. Many modern procedures can be performed on an outpatient basis, so many patients elect to undergo surgery at an ASC because of the quality care to patients, while saving money on their healthcare costs. Check out our resource compiled of helpful stats and figures that highlight the cost savings between a hospital and an ASC.

Wondering how to have surgery performed at an ASC?
Your physician will need to refer you to the Ambulatory Surgery Center, and you'll be evaluated to see if your procedure is a good fit.

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Once your procedure is complete, your surgeon will provide you with detailed recovery instructions. If you have undergone outpatient surgery, most of your recovery will take place at home, and you'll meet with your surgeon periodically to discuss how you're doing.

8 Recovery

9 Physical Therapy (Post-Op)

From spine treatment to knee replacement to a wide range of other procedures, surgical intervention can take a toll on a patient's body. Physical Therapy or other types of post-op recovery may be recommended by your surgeon.