

Spine Surgery in an Ambulatory Surgical Center

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Over the past thirty years, we have seen a rapid increase in Orthopedic surgical procedures being performed in ambulatory surgical settings. We are now setting a new paradigm in Orthopedics and Neurosurgery, with spinal procedures also being performed on an outpatient basis. At St. Francis Hospital and Medical Center, in Hartford Ct., the Spine Institute of Ct., has analyzed the outcomes of spine surgeries that are now being commonly done on an outpatient basis - lumbar discectomies, lumbar laminectomies, and anterior cervical discectomies and fusions (all 1-2 levels.) Our complication rates are less than 2%, our readmission rate is less than 1%, and patient reported outcomes (PRO's) exceed those of both St. Francis and other similar spine institutes in Connecticut. Although patient selection is critical, it appears that same day spine surgical procedures can be performed with success and safety in an ambulatory surgical setting.

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