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# The Different Treatments You Get in Medical Tourism

Have you ever wondered what exactly is up with Medical Tourism? This informative report can give you an insight into everything you've ever wanted to know about Medical Tourism.

Medical tourism is fast becoming a preferred choice among individuals living in big countries like Canada, United Kingdom and the United States because of lower cost and added convenience and luxury. There are now various treatments available and people can expect to get the highest quality care available anywhere in the world. Some countries, however, are known to be experts in some types of treatment. Here are the different procedures.

#### About ACLS

ACLS stands for Anterior Cruciate Ligament Surgery or Repair. The procedure aims to reconnect a torn ACL ligament. There are 4 total ligaments that stabilize the knee, and ACL is one of these. Among the four, the ACL is the most commonly damaged. Some individuals choose to have ACLS abroad if they suddenly feel unsteadiness in their knee while playing sports, after a rehabilitation program or if the problem has long been existent.

The procedure generally takes around 1 to 2 hours. ACLS does not require patients to stay in the hospital. As a medical tourist, you can choose to get back to your hotel right after the procedure and continue to recuperate there. After a few days, you may take tours that do not require a lot of walking or heavy lifting. Patients can go back to their home country 1 to 2 days after the procedure.

#### About Hip Replacement

You can see that there's practical value in learning more about Medical Tourism. Can you think of ways to apply what's been covered so far?

Total hip replacement or THR is one of the most common surgeries that patients look for abroad. The procedure involves rebuilding a damaged or deteriorated hip joint for it to return to optimal and functional condition. During the process, an artificial prosthesis can substitute for the damaged joint. A hip replacement is sought after by medical tourists who experience stiffness in their hips, thereby limiting leg movement, have problems with bending and are taking medications that lead to side effects or are not that effective. Patients can expect the surgery to last 1 to 3 hours.

When traveling abroad, you will be advised to take about 1 to 2 weeks off, since you will be staying inside the hospital for 4 to 10 days. Doctors will recommend patients to recuperate for 4 to 7 days before going back to their home country.

#### About Spinal Infusion

Some medical tourists go to destinations like Thailand, Singapore and Malaysia to undergo spinal infusion. The procedure involves linking two vertebrae to get rid of the friction and extra motion in between. The lumbar spinal fusion can treat various conditions, such as scoliosis, slipped disk, degenerated disk, herniated disk and other injuries. The procedure is done when other types of treatment are not working.

Patients may also undergo the surgery abroad, aside from having other types of spinal surgery. Other techniques may be incorporated based on the condition of the patient and the extent of the damage. Patients can expect the surgery to last 3 to 4 hours. When traveling abroad, you should book for a minimum of 1 week, since you will be hospitalized for 3 to 4 days after the operation. Patients can return to their home country after 5 to 7 days.

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