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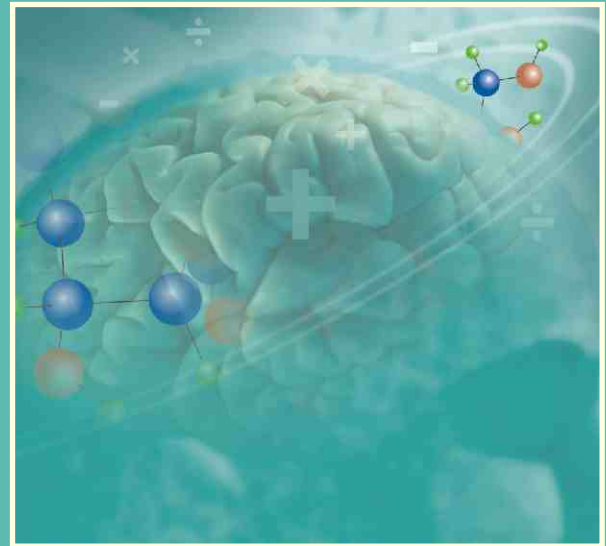
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# Minimally Invasive Spine Surgery



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# Minimally Invasive Spine Surgery

## What is Minimally Invasive Spine Surgery (MISS) ?

Minimally Invasive Spine Surgery is an emerging area, which is both exciting and full of promise. It involves performing surgery on the spinal cord and the vertebral column using minimally invasive techniques. The major advantages of this technique over conventional spine surgery are:

- Minimally Invasive Spine Surgery is safer and offers a much shorter recovery time compared to conventional spine surgery. It leads to less post operative complications, as well.
- Secondly, in Minimally Invasive Surgery a tunnel is made through your back muscles by sequential dilatation to permit access to the spine by the surgeon. This leads to minimal tissue damage and less pain. In a conventional surgery, all the muscles are stripped off the vertebrae.
- The operative scar in Minimally Invasive Surgery consists of one or more small scars measuring up to an inch versus a single large long scar of conventional surgery.

## How is it performed ?

Minimally Invasive Spine Surgery also known as 'Keyhole Surgery' uses a thin telescope like instrument known as Endoscope, which is inserted through small incisions. The endoscope is connected to a tiny video camera which projects the inside view of patient's body onto television screens in the operating room.

Small surgical instruments are then passed through one or more additional half-inch incisions. These incisions are covered with surgical tapes and after a few months are hardly visible.

There is a new technique ' Percutaneous Vertebroplasty', for relieving pain due to collapsed vertebrae, wherein only a needle is placed, under guidance, into the fractured vertebrae for injection of the bone cement.

## Can all patients with spine problems benefit from this technique ?

MISS is not appropriate for all patients, every patient is evaluated individually and advised accordingly. If your physician recommends a more traditional open approach then it does not mean that recovery time is going to be very long or painful. You should educate yourself about all the surgical options available to you and discuss these options with your physician and then rely on him to choose the best option for you that he is comfortable performing.

## When is MISS mostly used ?

1. For Slipped or Prolapsed Discs.
2. Spinal Fusion, which is often performed on Degenerative Discs, Trauma and Spondylolisthesis (one vertebra slips over another).
3. Deformity corrections, such as for Scoliosis.
4. Removal of Herniated and Prolapsed discs.
5. Pain due to collapsed vertebrae.



## What are the advantages of MISS ?

There are numerous advantages of MISS, vis-à-vis open surgery :

1. Quicker and accurate diagnosis
2. Faster recovery with shorter hospital stay
3. Minimal tissue damage, hence less pain
4. Minimal post-operative infections
5. Precise surgical technique can be performed
6. Minimal scarring
7. No residual weakness

## When can I get back to work ?

You are usually allowed to go home the next day, except in cases of more advanced procedures that may require three or four days of hospital stay. You can get back to routine activities in 5 days and to work in 10 days.



## The Minimally Invasive Spine Surgery Centre at Max

The Minimally Invasive Spine Surgery Centre of the Neurosurgery Department of Max offers treatment for the entire gamut of spine diseases with emphasis on Minimally Invasive Spine Surgeries.

## Our Skills

### People

We have a team of highly trained neurosurgeons specializing and doing pioneering work in minimally invasive spinal surgery.

### Technology

We have the following latest technologies and treatment options available:

- Minimally Invasive Endoscopic Spinal Surgery-We have METRx Endoscopic system for Disc Surgery (slip discs). It allows disc surgery through a 15mm incision and shorter stay.
- Percutaneous Fusions: We have ' quadrant and sextant' systems for spinal decompression and percutaneous fusions, which are indicated for spinal instability and trauma. This would be the first system in India and would allow spinal fusions through minimally invasive technology (advantage being- smaller incision, lesser pain and shorter hospital stay).
- Computer assisted spinal surgery for greater accuracy and safety.
- The full range of minimally invasive spine surgery is there including facilities for endoscopic surgery, spinal decompression, fusion and treatment of spinal injury. The equipment includes the METRx, Quadrant and the Sextant ( the first composite system In India), Isocentric C arm and image guided surgery.

## Support services

- ICU manned 24 hours a day by qualified intensivists and anesthesiologists.
- Interventional neuro-radiology facilities.
- Specialised Neurophysiotherapy.

*This is only for the purpose of information and can not be substituted for medical advice.*

*In case of a query, discuss it with your doctor.*