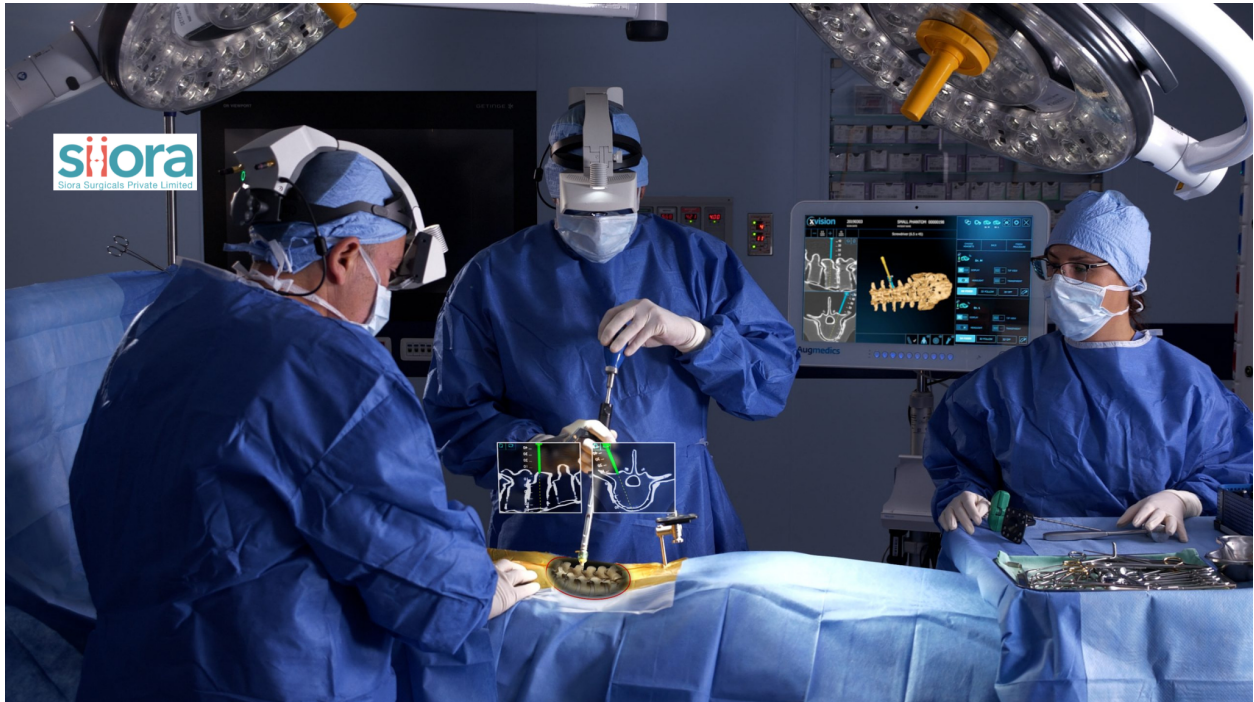


An Educational Guide to Minimally Invasive Spine Surgery



Minimally invasive surgeries are preferred by orthopedic surgeons these days for the treatment of various conditions. However, the surgery may not be feasible for all but wherever possible, it has several advantages over others.

Minimally invasive spine surgeries are common and orthopedic surgeons often perform them to treat various spinal issues. In this post, we will have a detailed look at what minimally invasive spine surgeries are. Let us start with a brief introduction to the procedure.

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What is Minimally Invasive Spine Surgery?

Minimally invasive spine surgeries are performed for the treatment of spinal ailments that cause various symptoms like pain, inflammation, and reduced range of motion. The surgery aims at stabilizing the vertebral bones and spinal joints to relieve painful symptoms and improve the range of motion of the spine.

The orthopedic surgeon may also perform minimally invasive spine surgery to relieve pressure from the spinal nerves which occurs because of various traumatic or age-related conditions. When compared to traditional open spinal surgeries, minimally invasive surgeries are quicker and better.

What Are the conditions for Which Minimally Invasive Spine Surgery may be Performed?

Here are some of the spinal conditions which may be treated with minimally invasive spine surgery:

- Herniated Disc
- Degenerative Disc Disease
- Lumbar Spinal Stenosis
- Scoliosis
- Spinal infections
- Spinal tumors
- Spondylolisthesis
- Vertebral compression fractures

How Minimally Invasive Spine Surgery is Performed?

Minimally invasive spine surgery is performed in an operation theatre. The patient will be given general or local anesthesia depending on the severity of the spinal condition.

During the surgery, the orthopedic specialist will make a small incision to access the injury site. The incision made is of buttonhole size and the surgeon will insert an endoscope through that. An endoscope is a thin wire having a tiny camera attached to it. This camera produces clear images of the injury site in the spine.

A fluoroscope may also be used by a surgeon, which is a portable x-ray machine, to identify the sites where incisions should be made.

The surgeon will make another incision through which tubular retractor(s) will be inserted. These retractors are hollow tubes that provide a safe space for the surgeon to guide implants and instruments for the surgery.

Once the surgery is complete, the orthopedic surgeon will remove all the instruments and close the incision either with sutures or a special glue.

What Are the Benefits of Minimally Invasive Spine Surgery?

Minimally invasive surgery has several advantages over traditional open surgeries. Here are some of the most noticeable ones:

Smaller Incisions

Unlike open spine surgeries where a large incision is required to be made, minimally invasive surgeries require significantly smaller incisions. A buttonhole size incision is often made.

Less Blood Loss

Because of the smaller size of the incision, minimally invasive surgeries often cause lesser blood loss than traditional procedures.

Minimal Tissue Scarring

Less tissue damage because of the use of the special smaller size spinal implants and instruments is there. This also results in less tissue scarring.

Faster Recovery

Not only minimally invasive spine surgery is a quick procedure but it also ensures faster and better recovery. People who have undergone minimally invasive spine surgery tend to return to their normal lives quicker than those operated on by traditional open spine surgery.

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