

Endoscopic Discectomy and Foraminotomy

Three steps to pain relief

These are the three basic steps:

1. Access to the site of disease - Create the "keyhole"
2. Remove endoscopically the tissue that pinches the nerve root
3. Check whether the nerve is free again and remove the instruments.

Before surgery, your doctor will examine you thoroughly. She will ask you about your complaints and will do some diagnostic imaging. In general, this will be a magnetic resonance image (MRI) or sometimes also a CT scan.

First Step - the access:



During the surgery you will lay on your side. Your doctor will make a small incision of a few millimeters on your lateral back and will create a channel directly to the site of the disc herniation. For this purpose, the tissue is gently widened - there is no need to cut muscles or ligaments. For access into the spinal canal a natural opening is used - the intervertebral foramen.

Second Step – removal of the herniation:



Through this "keyhole" from your back to the site of action, the tissue pressing on the nerves can be removed. Your doctor will enter with a special endoscope into this surgical field. With this foraminoscope, she has a fully lit and sharp image of all structures within the spinal canal. With fine forceps and other special micro instruments, she will very carefully and specifically remove the herniated disc material.

Third Step – final check and closure:



Finally, the surgeon checks whether the affected nerve fibers are free again. Only then, she removes all the instruments and closes the small incision with one or two stitches and a patch.

As a rule, you will be free of pain immediately after surgery, after about two hours, you can get up again. Your doctor will tell you when you can go back home and return to your everyday life.

Why endoscopic surgery?

- ◆ the minimally invasive endoscopic approach allows for preservation of all stabilizing structures - ie the ligaments, muscles and bones.
- ◆ you will be able to return significantly faster to your everyday life.

Who can benefit most from this procedure?

Nearly all types of herniated discs can be removed - even those which are difficult to treat with some other methods. It is especially valuable for patients who had already had previous spine surgery and for lateral disc herniations.

That's what you can count on!

- ◆ First scientific studies confirm a success rate of more than 93 percent
- ◆ The renowned U.S. research clinic "The Cleveland Clinic" calls attention to the endoscopic techniques, offering significantly accelerated healing, compared to conventional methods