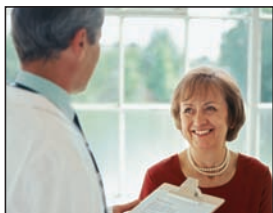




Which spine procedures use minimally invasive techniques?

The field of minimally invasive spine surgery is changing rapidly as new techniques and procedures are developed. The most common types of minimally invasive spine procedures currently performed include:

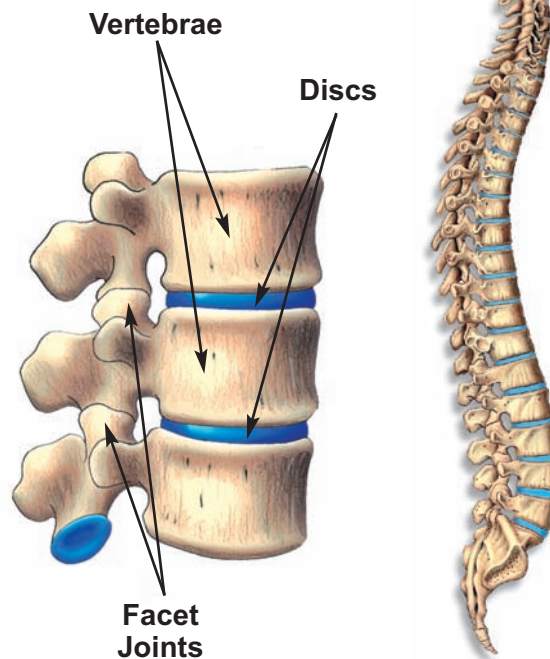
- Repair of herniated discs, such as microdiscectomy
- Fusions – both lumbar and cervical (neck)
- Deformity corrections



Please remember that a minimally invasive approach is neither appropriate nor possible for every patient. Each patient is evaluated individually, and you will

need to consult with your surgeon for the treatment options best for you.

Spine Anatomy



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Understanding MIS Back Surgery





What is minimally invasive spine surgery?

Traditional or open spine surgery requires an incision long enough to allow the surgeon to perform the necessary operation. Over the years, techniques and tools have been developed that allow surgeons to perform operations through much smaller incisions – hence the terms minimally invasive or keyhole surgery.

For example, 20 years ago, if a patient had a torn knee cartilage, the surgeon had to open the knee to fix the problem. This resulted in weeks or months of recovery.

Now such repairs are done with an arthroscope (a small tube with a camera) inserted through very small incisions, and recovery time is measured in days. In the early 1990s these techniques began to be applied in the field of spine surgery.

TRADITIONAL SPINE INCISION

MINIMALLY INVASIVE SPINE INCISION

6-8 inch incision

1 inch incisions

What tools & instruments are used?



Many of the tools and instruments utilized in minimally invasive spine surgery may be familiar to you from their use in other surgical procedures.

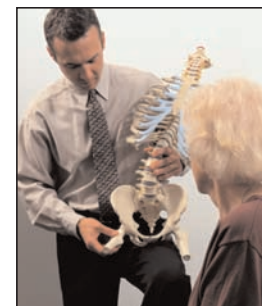
Operative Microscope: an operative microscope is an instrument used to magnify the area exposed during the operation. The microscope allows the surgeon to perform the operation with increased safety and through very small incisions.

Special Instruments: Many instruments and devices traditionally used in spinal surgery have been adapted for the use in minimally invasive techniques. In order to perform a minimally invasive procedure, longer and bayoneted instruments are needed to fit through the small portals without obscuring the operative field.

Portals: Incisions for minimally invasive surgery are small and once they are made, the surgeon must use special instruments to dissect through the body to the operative area. If the instrument is removed, the tissue just falls back into place, making it hard to find the opening that was just made. Portals, which look like tubes, are used to hold the tissue apart so that different instruments can be inserted and removed without further damage to the tissue.



What are the advantages of minimally invasive spine surgery?



Traditional or open spine surgery involves significant disruption of muscles and other soft tissue that contributes to post-operative pain and muscle scarring. Minimizing the amount of muscle and soft tissue dissection through

minimally invasive techniques may result in the following advantages:

- Reduced recovery time – quicker return to daily activities
- Less surgical blood loss
- Reduced use of pain medications
- Shorter hospital stays