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KEY HOLE SPINE SURGERY

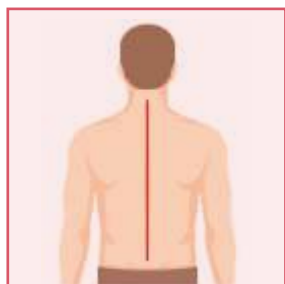
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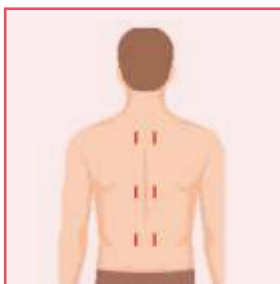
WHAT IS KEY HOLE SPINE SURGERY?

Key hole spine surgery is also known as Minimally invasive surgery (MIS). Here specialized instruments are used to approach the diseased spine through small incisions compared to conventional spine surgeries involving relatively large skin incisions.



CONVENTIONAL

MIS



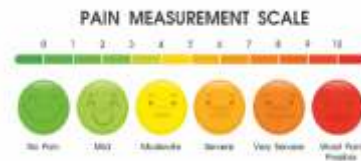
WHAT ARE THE BENEFITS?

In contrast to open surgeries here less soft tissue and muscle damage so,

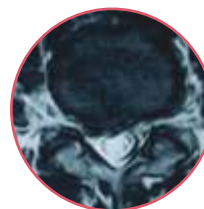
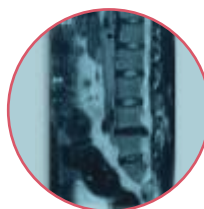
- Painless
- Faster recovery
- Less blood loss
- Reduced hospital stay
- Decreased chances of infection
- Cosmetically acceptable scar

"LASER has no much benefit in spine surgery, in fact may be harmful"

PAINLESS MIS DISCECTOMY



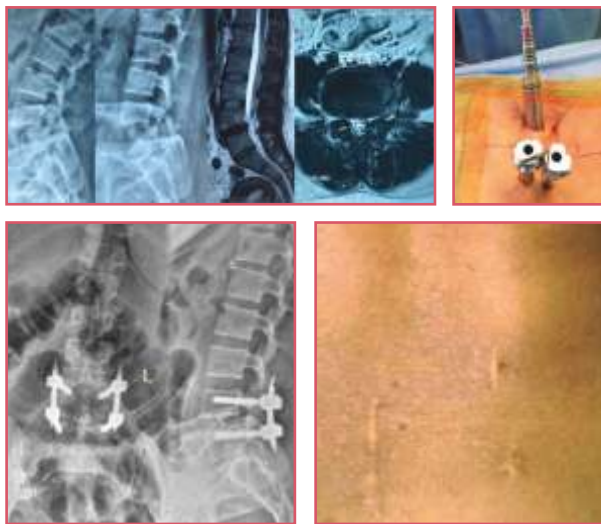
All was well for this 35 year old gentleman, until he noticed back pain and leg pain. This software engineer who was not acclimatized to any physical activity, developed leg pain over a period of 3 months, which worsened to ankle weakness. He came to Sakra hospital, and was diagnosed to have L4-5 slipped disc with severe neural compression.



He was advised surgery, but his only request was a painless surgery, as he is very pain sensitive. He underwent MIS Tubular discectomy, his immediate post operative period, the pain was minimal and he was satisfied with the outcome. He was discharged from hospital the next day of surgery with improvement in his foot weakness as well. He is now back to work with no residual or recurrent problems.

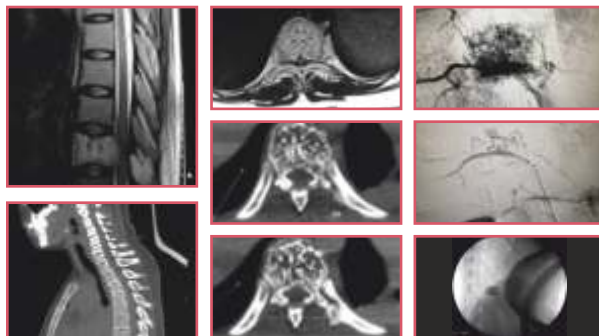
FASTER RECOVERY WITH MIS TLIF

This 45 year old Mrs Sharma, professional, was having backpain since many years and for the last few months, her leg pain aggravated and was not able to manage her routine office, household and personal work. She used to be an active lady, but the disability disheartened her. She visited Sakra institute of neurosciences and after her initial examination and investigations, she was diagnosed to have lytic spondylolisthesis. Spondylolisthesis is a condition where one spinal bone slips over another, that impinges the nerve resulting in sciatica. She was advised surgery, however she was apprehensive about prolonged admission as she had a pending project at her office. She was operated with MIS- TLIF fusion surgery, where the dissection of her muscles were minimal. She stayed in the hospital for 72hours and she was back to her work on the 5th day of surgery. At end of two years she was doing great medically as well as successful in her career.



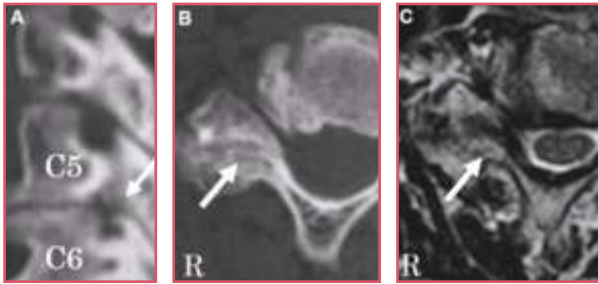
BLOODLESS TUMOR SURGERY

A young women of 25years at 9months of pregnancy developed sudden onset paraparesis with inability to stand, walk and preserved sensations was brought into emergency room. She was examined and investigated by spine surgery and obstetrician team, which revealed a D7 hemangioma causing spinal cord compression. Hemangioma is a benign tumor wherein excess blood flows through the vessels of vertebrae, that results in pressure over the spinal cord. The fetus in utero was found healthy and mature.



Hence planned for caesarean section, and she delivered a healthy boy baby. On the same day of caesarean delivery she underwent, Spinal DSA which is similar to angiography of heart, the feeder vessels that supplied the vertebra were identified and blocked with specialized polyvinyl acetate particles. She also underwent controlled vertebroplasty under direct visualization. She hardly lost 100 ml of blood during these procedures, which otherwise would have been liters of blood if vertebrectomy would have been performed. She improved over a period of 6 months and able to walk without support.

BETTER OUTCOME WITH MIS CERVICAL LAMINO-FORAMINOTOMY



Mr Ali, aged 45 years bank manager by profession, presented to spine surgery department at Sakra world hospital with a nagging pain in neck which radiates to right hand since 3months. On evaluation he was suspected to have C5 radiculopathy, the radiological investigations matched his diagnosis, and was planned for laminoforaminotomy to relieve his nerve pressure. Considering his age, profession, activities of daily living he was advised a MIS procedure for a faster recovery. Thanks to MIS option which reduces the chances of muscle scarring that happens in an open procedures. This prevents the post operative chronic neck pain which is common in posterior open surgery.



LESSER HOSPITAL STAY - KUDOS TO MIS OLIF

A 45 year old housewife, was experiencing back pain for last few years, which progressed to an extent, that prevented her routine household activities as well as her personal care. She consulted many doctors, was told to have a crooked spine and was suggested major open surgeries, at some centers which can result in prolonged hospital stay, need for bed rest, increased chance of infection, etc.



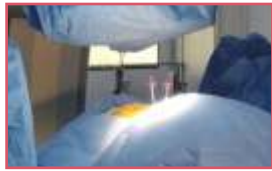
She was examined and evaluated by our expert spine surgery team, inferred to have lumbar

idiopathic scoliosis with accelerated degeneration, which has resulted in her back pain. Scoliosis is a condition characterized by sideward bending of spine, resulting in abnormal loads and increased wear and tear changes.

She was counselled for surgery and she underwent MIS OLIF surgery. Through a small incision from front, cage was placed to correct deformity, along with percutaneous pedicle screws from back to achieve a maximal excellent correction of the deformity. She was out of the bed on post op day one of surgery, walked comfortably and was discharged on day 3. Thanks for the advantages in MIS surgery that kept her stay in hospital to the least of 3days, avoided need for major analgesic medications.

AWAKE SPINE SURGERY - KYPHOPLASTY

A 75 year old lady, with uncontrolled diabetes, hypertension and cardiac illness, sustained a fall at her residence and presented to ER with severe pain in the back. She was even unable to sit. Her investigations revealed a D12 vertebrae osteoporotic fracture, DEXA scan was found to be only -2.5 suggestive of severe osteoporosis.



These fractures occur due to trivial fall usually in an elderly, post menopausal females with

brittle bones. These fractures need cement injection at the fracture site, for an early mobilization, pain relief and also to prevent late cord compression that can happen secondary to kyphosis. Bed rest in these patients, might result in other morbidities like pneumonia, DVT etc.

Considering the various comorbidities, and fragile age, she was planned for awake surgery through MIS approach. In this procedure a balloon is inserted through a specialized needles into her spine bone, and the deformity is corrected, followed by cement injection in a controlled way under serial fluoroscopy images.

This entire procedure was done in a spine suite, which is a specialized OT set up available at SAKRA. She was pain free and walked independently, after the procedure and was discharged the same day.

Mobility is the key in elderly and that was possible here because of MIS procedure in awake state.

WHY SAKRA?

- Sakra Institute of Neurosciences and Spine surgery center has successfully treated more than 2000's of spine surgeries from inception (2014)
- Our team of surgeons have overall experience in spine surgery for more than 25 years with more than 15000 surgeries.
- Sakra hospital is first and only hospital in the country, where MIS surgery is done with high technology using "Spine suite" comprising hybrid biplanar OR, Intraoperative CT scan with 2D and 3D acquisition along with Navigation technology.
- Considering the safety of the patient and surgery, the center has in house intraoperative spinal cord & nerve monitoring technology with trained neurophysiologist and Neuro-anaesthetist.
- With all the available facilities and experts the stay in hospital is also kept minimum to an average of only 3 days with least pain and complications.
- Sakra spine center has done more than 100 MIS surgeries with success rate of more than 99% and all patients are leading an active and unrestricted social life.

