



# Dr. Shankar Acharya

Regd. No.3095/DMC

M.S. (Ortho), DNB (Ortho), FRCS (Glasgow) FRCS (Edinburgh)  
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Senior Consultant & Chairman Department of Ortho Spine Surgery  
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## CERVICAL SPINE SURGERY - ANTERIOR CERVICAL DISCECTOMY AND FUSION (ACDF)

Anterior Cervical Discectomy and Fusion (ACDF) is a surgical procedure used to treat problems in the neck region of the spine (cervical spine). This procedure is commonly recommended to relieve neck pain, arm pain, or numbness caused by a **herniated disc** or **degenerative disc disease**.

In ACDF, the surgeon removes a damaged or degenerated disc in the cervical spine and replaces it with a bone graft or artificial spacer. This helps to stabilize the spine and relieve pressure on nerves.



### Why is ACDF Performed?

- **Herniated Disc**
- **Degenerative Disc Disease:**
- **Spinal Stenosis**
- **Bone Spurs:** Extra bony growths that compress nerves.

### You may need ACDF if you:

- Have persistent neck or arm pain that does not improve with medications or physical therapy.
- Experience weakness or numbness in the arms or hands.
- Show signs of spinal instability or nerve compression on imaging tests like MRI or CT scans



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## Recovery after ACDF

**Hospital Stay:** Most patients stay in the hospital for 1–2 days.

**Initial Recovery:** Neck soreness is common but improves within days. Pain relief from nerve compression is often immediate.

**Activity Restrictions:** Avoid heavy lifting or strenuous activities for 4–6 weeks.

**Physical Therapy:** Rehabilitation exercises may be recommended to restore strength and mobility.

## ACDF offers significant benefits:

- Relieves pain in the neck and arms.
- Reduces numbness and tingling.
- Restores stability to the cervical spine.
- Improves overall quality of life by enabling normal activities

## Why Choose Dr. Shankar Acharya for ACDF?

Dr. Shankar Acharya, with over 30 years of experience in spine surgery, is a renowned expert in treating cervical spine conditions. At Sir Gangaram Hospital, he offers personalized care using the latest surgical techniques to ensure the best outcomes for his patients.

## The ACDF Procedure

1. **Anesthesia:** The patient is placed under general anesthesia for a painless experience.
2. **Incision:** A small incision is made in the front of the neck.
3. **Disc Removal:** The damaged disc is carefully removed.
4. **Bone Graft or Spacer Placement:** A bone graft or synthetic spacer is placed in the empty disc space. This promotes fusion between the adjacent vertebrae.
5. **Stabilization:** Sometimes, a small plate with screws is used to keep the spine stable while it heals.

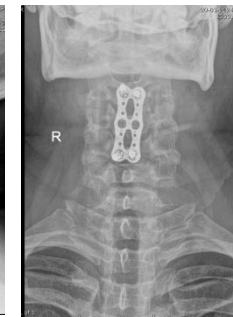
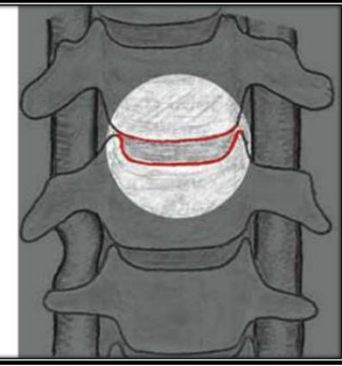
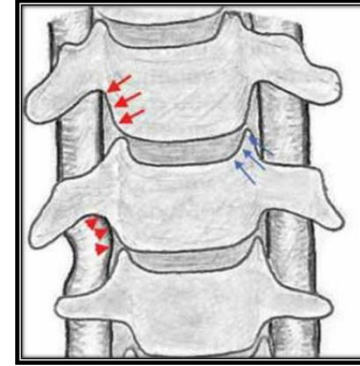
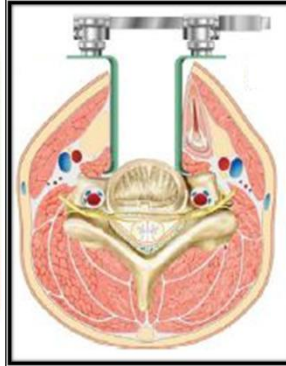


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6. **Closure:** The incision is closed, and the patient is moved to recovery.





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**Dr. Shankar Acharya and his experienced team ensure a high success rate by using advanced techniques and careful planning.**

## Risks and Complications

While ACDF is generally safe, as with any surgery, there are some risks, such as:

- Infection.
- Difficulty swallowing (temporary).
- Hoarseness (temporary).
- Non-fusion of the bones (rare).

## Frequently Asked Questions

### **Q: Will ACDF relieve my neck pain immediately?**

A: Many patients experience relief from arm and nerve pain immediately, while neck pain improves gradually as healing progresses.

### **Q: Can I move my neck after ACDF?**

A: Yes, but you will be advised to avoid excessive movements initially. Follow your doctor's instructions for a safe recovery.

### **Q: Is ACDF a permanent solution?**

A: Yes, ACDF is designed to provide long-term relief by stabilizing the spine and alleviating nerve pressure.





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## Final Words

ACDF is a safe and effective surgery for relieving neck and arm pain caused by cervical spine problems. With the expertise of Dr. Shankar Acharya, you can rest assured that you're in good hands for your treatment and recovery.

**For consultations with Dr. Shankar Acharya, contact Sir Gangaram Hospital, New Delhi.**



**SIR GANGA RAM HOSPITAL**

*Trust of Generations*

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