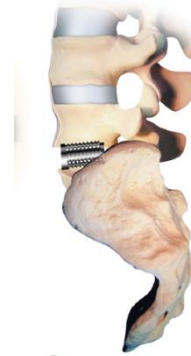
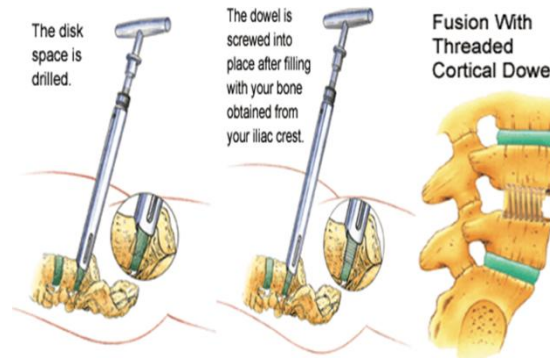
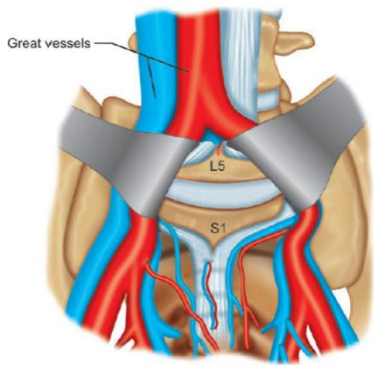
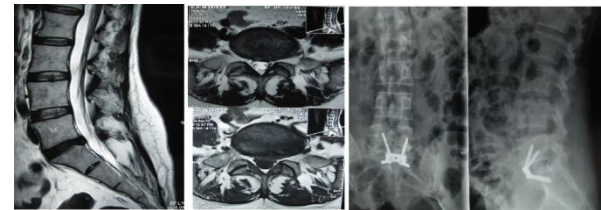


Anterior Lumbar Interbody Fusion (ALIF) is a type of spinal fusion surgery performed to treat lower back problems. The term "anterior" means the procedure is done through the front (abdomen) rather than the back. This approach allows the surgeon to reach the spine directly without moving the muscles and nerves in the back.



- **Degenerative Disc Disease**
- **Spondylolisthesis**
- **Herniated Discs**
- **Spinal Instability:** When the spine is unstable and moves abnormally.



1. **Hospital Stay:** Most patients stay in the hospital for 2-3 days.
2. **Initial Rest Period:** Limited movement for the first few weeks to allow the fusion to heal.
3. **Physical Therapy:** Gradual exercises to strengthen your back and improve mobility.
4. **Return to Activities:** Most patients can resume light activities within a month, but heavy lifting should be avoided for a few months.



Dr. Shankar Acharya

Regd. No.3095/DMC

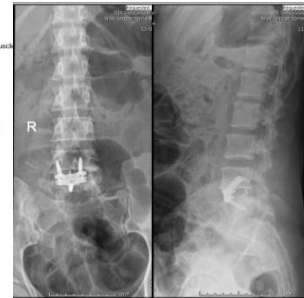
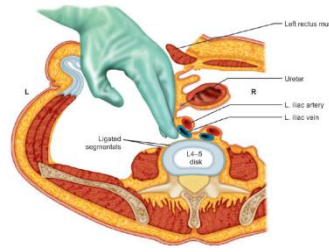
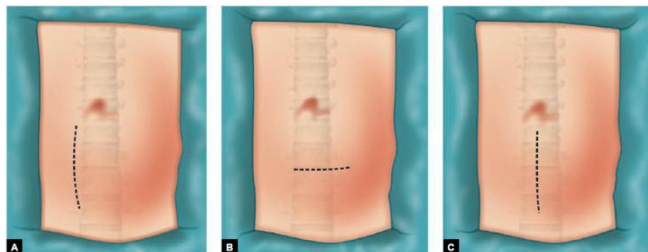
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Benefits of ALIF Surgery

- **Minimally Disruptive:** Since the back muscles and spinal nerves are untouched, there is less muscle damage.
- **Better Disc Access:** The front approach provides better visibility and access to the damaged disc.
- **Reduced Recovery Time:** Patients often recover faster compared to traditional approaches.
- **Improved Spinal Stability:** ALIF can provide long-term pain relief by stabilizing the spine.

During ALIF surgery:

1. **Access Through the Abdomen:** A small incision is made in the lower abdomen to access the spine.
2. **Removal of the Damaged Disc:** The affected disc is carefully removed.
3. **Placement of a Cage or Spacer:** A cage or spacer is inserted to restore disc height. This spacer is filled with bone graft material to promote fusion.
4. **Stabilization with Screws or Plates:** The surgeon secures the area with screws, plates, or rods for stability. Over time, the bones grow together (fuse), forming a solid, stable structure.



Is ALIF Surgery Safe?

Yes, ALIF surgery is a safe and effective procedure when performed by an experienced spine surgeon like Dr. Shankar Acharya. However, as with any surgery, there are risks, including infection, blood clots, or fusion failure. Dr. Acharya ensures a personalized approach and advanced techniques to minimize risks.

Frequently Asked Questions

1. Will I need bed rest after ALIF surgery?

Bed rest is not required for long periods. You will be encouraged to move gently soon after surgery.

2. How long does it take for the fusion to heal?

Bone fusion typically takes 3-6 months.

3. Can ALIF relieve leg pain caused by sciatica?

Yes, ALIF can relieve leg pain if it is caused by nerve compression in the lumbar spine.

Dr. Shankar Acharya has successfully performed numerous ALIF surgeries, helping patients regain a pain-free and active life. With his extensive experience and patient-first approach, you are in safe hands.

For more information or to book an appointment, visit Sir Gangaram Hospital, New Delhi, or call today!



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Official Website

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