



Dr. Shankar Acharya

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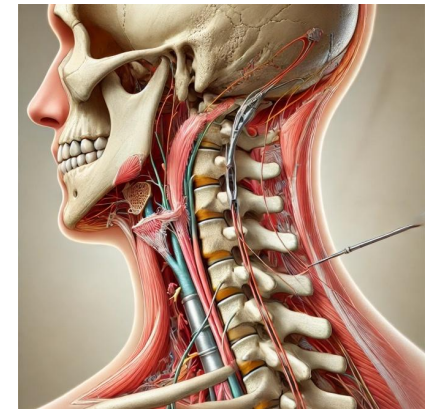
CERVICAL LAMINECTOMY

A **Cervical Laminectomy** is a surgical procedure performed to relieve pressure on the spinal cord or nerves in the neck (cervical spine). This pressure, often caused by conditions like **spinal stenosis**, herniated discs, bone spurs, or tumors, can lead to neck pain, numbness, weakness, or difficulty walking. The procedure involves removing a small section of the back part of the vertebra, called the **lamina**, to create more space and reduce nerve compression.



You may require a cervical laminectomy if:

- You experience **persistent neck pain** that doesn't improve with medication or physical therapy
- There is **numbness or weakness** in your arms or legs
- You have **difficulty walking or balancing** due to spinal cord pressure
- Conditions such as **cervical spondylosis**, **spinal stenosis**, or **cervical myelopathy** are diagnosed



Benefits of Cervical Laminectomy

- **Pain Relief:** Eases chronic neck and nerve pain
- **Improved Mobility:** Enhances neck movement and overall functionality
- **Prevents Further Damage:** Stops progression of nerve or spinal cord compression



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Recovery After Cervical Laminectomy

- **Hospital Stay:** Most patients stay in the hospital for 1–3 days after the surgery
- **Pain Management:** Medications and physical therapy help manage post-surgical discomfort.
- **Activity:** You can gradually return to daily activities within a few weeks, but heavy lifting and strenuous activities should be avoided for about 4–6 weeks
- **Physical Therapy:** Helps restore strength, mobility, and flexibility in the neck.
- **Follow-Up:** Regular check-ups with your surgeon ensure proper healing.

How is the Surgery Performed?

1. **Preparation:** The procedure is performed under general anesthesia, ensuring you are comfortable and pain-free
2. **Incision:** A small incision is made at the back of the neck
3. **Lamina Removal:** The surgeon carefully removes the lamina (a part of the vertebra) to create more space for the spinal cord and nerves
4. **Stabilization (if required):** If necessary, the surgeon may use screws or rods to stabilize the spine, especially in cases of significant bone removal or instability
5. **Closure:** The incision is closed with stitches, and a dressing is applied.

Risks of Cervical Laminectomy

As with any surgery, there are risks, but these are minimized under the expertise of experienced surgeons like Dr. Shankar Acharya:

- Infection
- Bleeding
- Nerve or spinal cord injury
- Temporary numbness or weakness



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A cervical laminectomy is a safe and effective solution for relieving spinal cord or nerve pressure in the neck, restoring comfort and mobility. Dr. Shankar Acharya, a trusted spine surgeon in New Delhi, ensures a smooth journey from diagnosis to recovery, giving patients confidence and hope for a pain-free life.

For appointments or more information, contact Dr. Shankar Acharya's clinic at **Sir Gangaram Hospital, New Delhi.**

Why Choose Dr. Shankar Acharya?

- **Expertise:** 30 years of experience in treating complex spine conditions.
- **Advanced Techniques:** Proficient in minimally invasive and open surgical techniques.
- **Patient-Centered Care:** Focused on understanding patient needs and providing compassionate care
- **State-of-the-Art Facility:** Sir Gangaram Hospital is equipped with the latest technology for spine surgery



SIR GANGA RAM HOSPITAL
Trust of Generations

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+91-8586963525 (after 5:00 P.M.)

Official Website

www.SpineSurgeonInIndia.com