



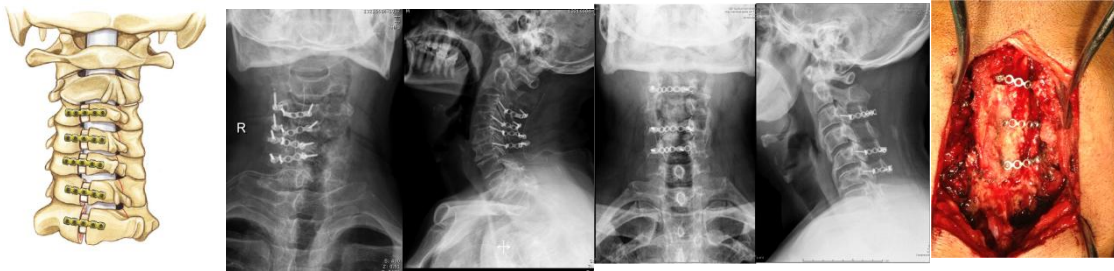
# Dr. Shankar Acharya

Regd. No.3095/DMC

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Senior Consultant & Chairman Department of Ortho Spine Surgery  
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## Cervical Laminoplasty

**Cervical Laminoplasty** is a surgical procedure performed on the cervical spine to relieve pressure on the spinal cord and nerves. This pressure can cause pain, numbness, or weakness in the neck, arms, and hands.



## Several conditions may require cervical laminoplasty:

- Spinal Stenosis
- Herniated Discs
- Spinal Cord Tumors
- Degenerative Disc Disease



## Benefits of Cervical Laminoplasty

- **Less Invasive:** Compared to traditional spine surgeries, laminoplasty is less disruptive to the spine's structure
- **Preserves Neck Movement:** The procedure maintains more natural movement in the neck
- **Faster Recovery:** Patients often experience quicker recovery times with fewer complications



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## What to Expect After Surgery

- **Hospital Stay:** Typically 1-3 days, depending on individual health and response to surgery
- **Home Recovery:** Most patients can return to normal activities within 4-6 weeks, though full recovery may take a few months
- **Pain Management:** Medications will be provided to manage pain
- **Physical Therapy:** Guided exercises to strengthen neck muscles and improve mobility
- **Follow-Up Visits:** Regular check-ups to monitor healing and address any concerns

## Why Choose Dr. Shankar Acharya at Sir Gangaram Hospital?

- **Expertise:** With 30 years of experience, Dr. Shankar Acharya is a leading spine surgeon trusted by thousands
- **Comprehensive Care:** From diagnosis to post-surgery rehabilitation, our team ensures personalized care every step of the way
- **Advanced Facilities:** Sir Gangaram Hospital is equipped with state-of-the-art technology for precise and effective treatments
- **Patient-Centered Approach:** We understand the unique needs of both urban and rural patients, offering compassionate and clear communication to ensure you're informed and comfortable

## Cervical laminoplasty is a minimally invasive surgery designed to create more space for the spinal cord without removing any bones. Here's a simple overview of the procedure:

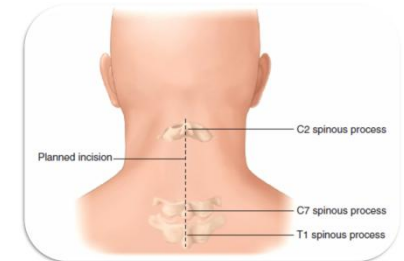
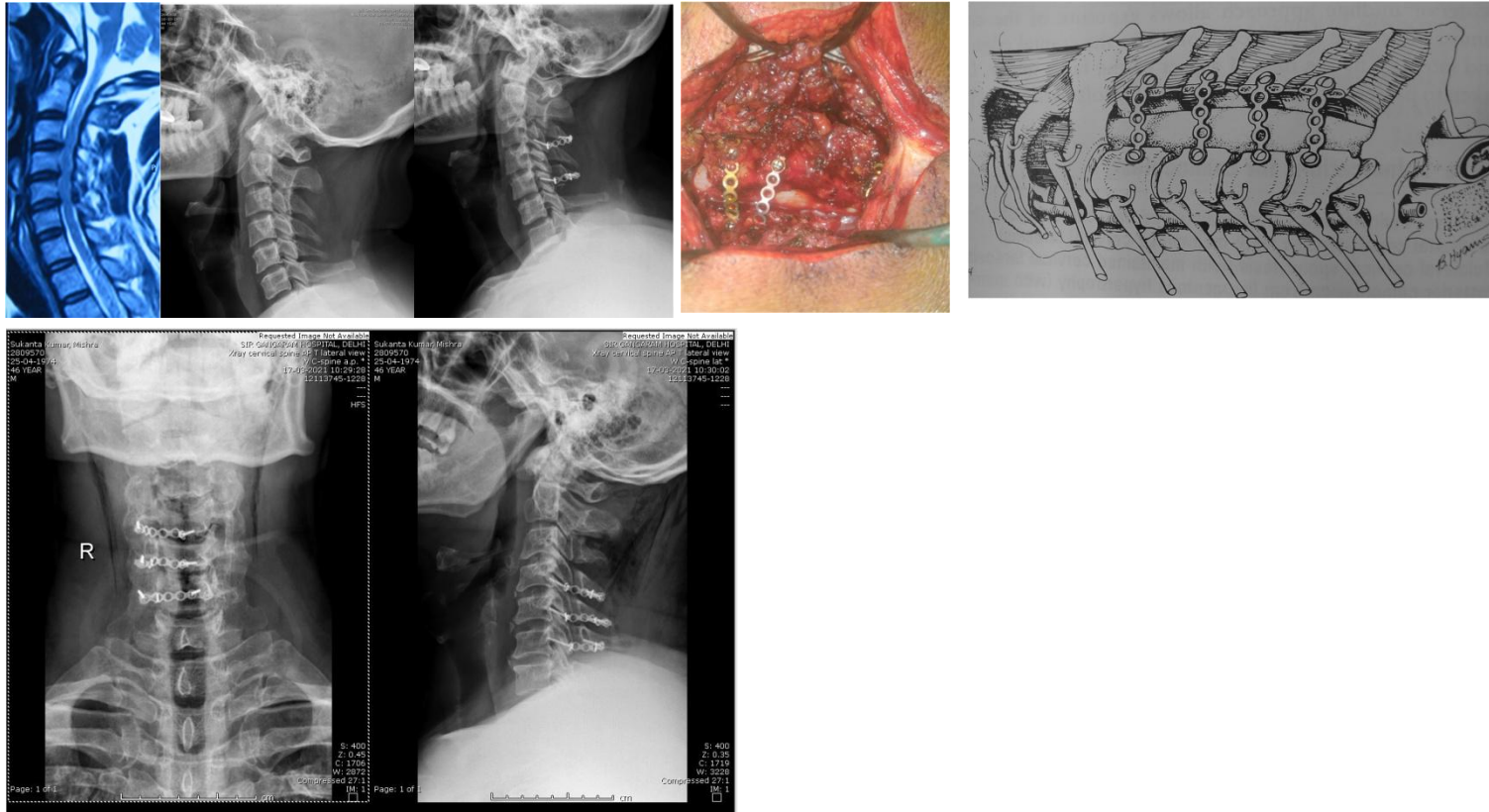
1. **Anesthesia:** The patient is given general anesthesia to ensure comfort during the surgery.
2. **Incision:** A small incision is made in the back of the neck.
3. **Accessing the Spine:** The surgeon carefully moves the muscles aside to reach the cervical spine.
4. **Creating Space:** The surgeon reshapes the lamina (the back part of the vertebrae) to enlarge the spinal canal. This is often done by creating hinges on one side of the vertebrae and lifting the lamina on the other side.
5. **Stabilization:** Sometimes, small plates or screws are used to keep the vertebrae in their new position.
6. **Closing the Incision:** The muscles and skin are sutured back together.



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## Frequently Asked Questions (FAQs)

### 1. Is cervical laminoplasty safe?

Yes, cervical laminoplasty is generally safe when performed by an experienced surgeon like Dr. Shankar Acharya. As with any surgery, there are risks, but complications are rare.

### 2. How long does the surgery take?

The procedure typically takes 2-4 hours, depending on the complexity of the case.



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### **3. Will I need to stay in a hospital after surgery?**

Most patients stay in the hospital for 1-3 days post-surgery for monitoring and initial recovery.

### **4. When can I return to normal activities?**

Most patients can resume normal activities within 4-6 weeks, but it's important to follow your doctor's specific recommendations.

### **5. What can I do to prepare for surgery?**

Maintain a healthy lifestyle, follow pre-surgery instructions from your doctor, and arrange for support during your recovery period.

## **Contact Us**

If you or a loved one is experiencing neck pain, numbness, or weakness, don't hesitate to reach out. Dr. Shankar Acharya and the team at Sir Gangaram Hospital are here to help you regain your quality of life with expert spine care.





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At [Sir Gangaram Hospital](#), your health and well-being are our top priorities. Let us guide you on your journey to a healthier spine and a pain-free life.



**SIR GANGA RAM HOSPITAL**

*Trust of Generations*

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