



Dr. Shankar Acharya

Regd. No.3095/DMC

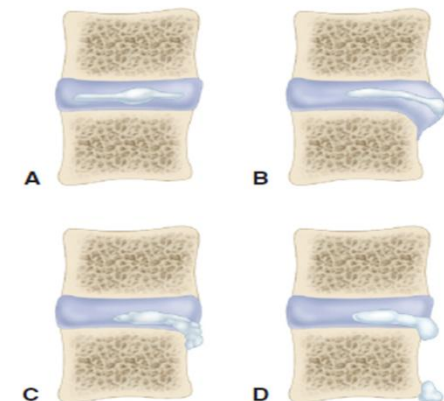
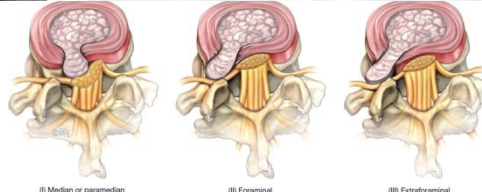
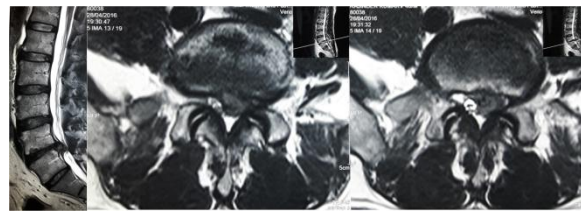
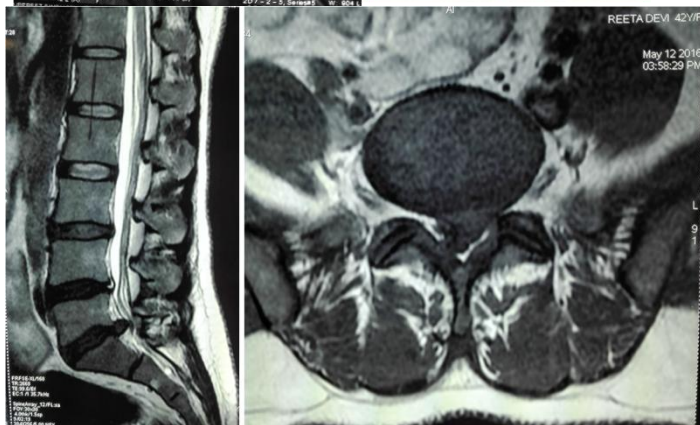
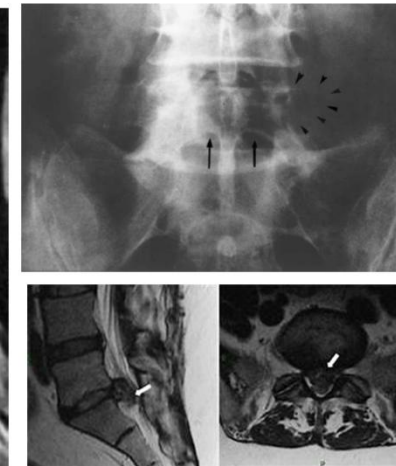
M.S. (Ortho), DNB (Ortho), FRCS (Glasgow) FRCS (Edinburgh)
FRCS (Orthopaedics) (London), M.Ch. (Orthopaedics) Liverpool
Spine & Deformity Fellowship, (Birmingham) U.K., Spine Fellowship Munster (Germany)
Spine Fellowship (USA)
Senior Consultant & Chairman Department of Ortho Spine Surgery
Professor Dept. of Orthopaedic & Spine Surgery

MICRODISCECTOMY: A MINIMALLY INVASIVE SPINE SURGERY

What is Microdiscectomy?

Microdiscectomy is a type of minimally invasive spine surgery designed to treat specific spine conditions like a **herniated disc**. It involves the removal of the portion of a damaged disc that presses on nearby nerves, causing pain, numbness, or weakness, particularly in the lower back and legs.

This advanced surgical technique uses smaller incisions, specialized tools, and a microscope or magnifying lens to ensure precision and minimize tissue damage.





Dr. Shankar Acharya

Regd. No.3095/DMC

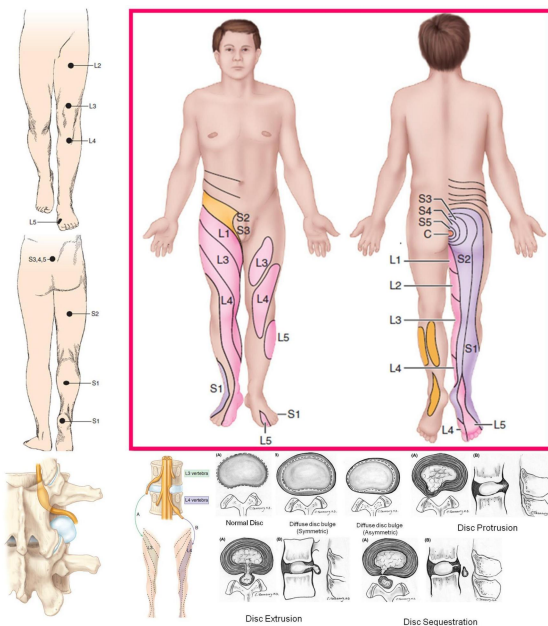
M.S. (Ortho), DNB (Ortho), FRCS (Glasgow) FRCS (Edinburgh)
FRCS (Orthopaedics) (London), M.Ch. (Orthopaedics) Liverpool
Spine & Deformity Fellowship, (Birmingham) U.K., Spine Fellowship Munster (Germany)
Spine Fellowship (USA)
Senior Consultant & Chairman Department of Ortho Spine Surgery
Professor Dept. of Orthopaedic & Spine Surgery

Who Needs Microdiscectomy?

You might benefit from a microdiscectomy if you have:

- Persistent leg pain (sciatica) due to a herniated disc.
- Numbness, tingling, or weakness in your legs or feet.
- Symptoms not improving with medications, physiotherapy, or other non-surgical treatments.

This surgery is often recommended when nerve compression impacts your daily life.





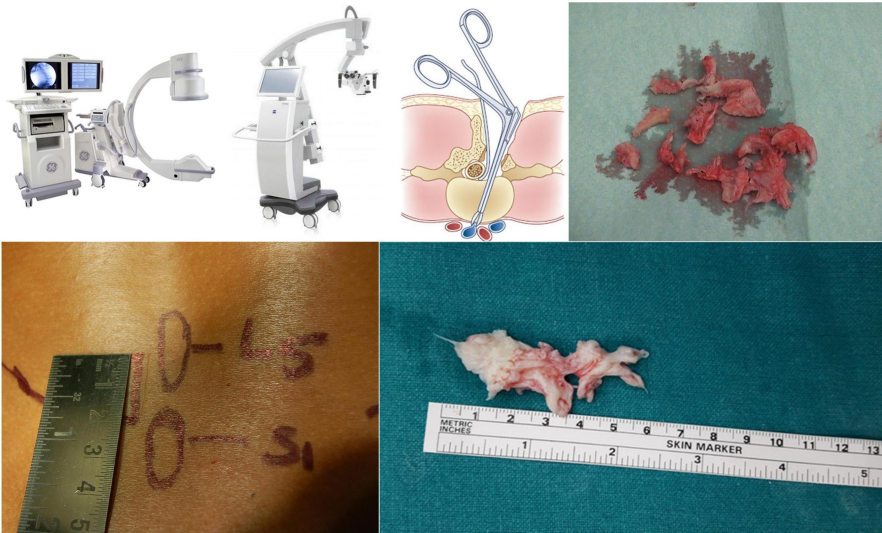
Regd. No.3095/DMC
Dr. Shankar Acharya

M.S. (Ortho), DNB (Ortho), FRCS (Glasgow) FRCS (Edinburgh)
FRCS (Orthopaedics) (London), M.Ch. (Orthopaedics) Liverpool
Spine & Deformity Fellowship, (Birmingham) U.K., Spine Fellowship Munster (Germany)
Spine Fellowship (USA)
Senior Consultant & Chairman Department of Ortho Spine Surgery
Professor Dept. of Orthopaedic & Spine Surgery

How is Microdiscectomy Performed?

1. **Small Incision:** A small cut, usually 1-1.5 cm, is made in the back.
2. **Muscle Separation:** Instead of cutting, muscles are gently moved aside.
3. **Nerve Protection:** Special instruments are used to carefully expose the herniated disc while protecting surrounding nerves.
4. **Disc Removal:** Only the part of the disc pressing on the nerve is removed, relieving pressure.
5. **Closure:** The incision is closed with minimal stitches.

The entire procedure typically takes about 1-2 hours and is performed under general anesthesia.





Dr. Shankar Acharya

Regd. No.3095/DMC

M.S. (Ortho), DNB (Ortho), FRCS (Glasgow) FRCS (Edinburgh)
FRCS (Orthopaedics) (London), M.Ch. (Orthopaedics) Liverpool
Spine & Deformity Fellowship, (Birmingham) U.K., Spine Fellowship Munster (Germany)
Spine Fellowship (USA)
Senior Consultant & Chairman Department of Ortho Spine Surgery
Professor Dept. of Orthopaedic & Spine Surgery

Benefits of Microdiscectomy

- **Quick Recovery:** Shorter hospital stays and faster return to daily activities.
- **Minimal Pain:** Less post-surgery discomfort compared to traditional surgery.
- **Smaller Scars:** Tiny incisions lead to better cosmetic outcomes.
- **Reduced Risk:** Lower chance of infection and other complications.



What to Expect After Surgery

- Most patients are able to go home the same day or within 24 hours.
- Walking is encouraged immediately to promote healing.
- Pain relief in the legs is often immediate, though mild back pain from the incision is normal and temporary.
- Complete recovery usually takes 4-6 weeks, but light activities can resume sooner.

Why Choose Dr. Shankar Acharya for Microdiscectomy?

Dr. Shankar Acharya, with 30 years of experience as a spine surgeon, is one of India's leading experts in minimally invasive spine surgery. As the Chairman of the Spine Surgery Department at Sir Gangaram Hospital, New Delhi, he combines advanced techniques with patient-centered care to deliver exceptional outcomes.



Dr. Shankar Acharya

Regd. No.3095/DMC

M.S. (Ortho), DNB (Ortho), FRCS (Glasgow) FRCS (Edinburgh)
FRCS (Orthopaedics) (London), M.Ch. (Orthopaedics) Liverpool
Spine & Deformity Fellowship, (Birmingham) U.K., Spine Fellowship Munster (Germany)
Spine Fellowship (USA)
Senior Consultant & Chairman Department of Ortho Spine Surgery
Professor Dept. of Orthopaedic & Spine Surgery

Get Relief, Regain Your Life

Microdiscectomy is a safe and effective solution for those struggling with nerve pain caused by a herniated disc. If you are considering this procedure, Dr. Shankar Acharya and his team are here to guide you through every step of your journey toward a pain-free life.

For appointments or more information, contact us today.

Q & A

Q1: Is Microdiscectomy safe?

A: Yes, microdiscectomy is a proven and safe procedure with a high success rate. When performed by an experienced surgeon like Dr. Shankar Acharya, the risk of complications is very low.

Q2: How do I know if Microdiscectomy is right for me?

A: If you experience persistent leg pain, weakness, or numbness that affects your daily life and doesn't improve with non-surgical treatments, consult Dr. Shankar Acharya for an evaluation.

Q3: How can I book an appointment with Dr. Shankar Acharya?

A: To schedule a consultation, contact Sir Gangaram Hospital, New Delhi, or visit the official website for more details.

If you're struggling with back or leg pain, **Microdiscectomy** might be the right solution for you. Let Dr. Shankar Acharya and his experienced team help you regain a pain-free life!



Dr. Shankar Acharya

Regd. No.3095/DMC

M.S. (Ortho), DNB (Ortho), FRCS (Glasgow) FRCS (Edinburgh)
FRCS (Orthopaedics) (London), M.Ch. (Orthopaedics) Liverpool
Spine & Deformity Fellowship, (Birmingham) U.K., Spine Fellowship Munster (Germany)
Spine Fellowship (USA)
Senior Consultant & Chairman Department of Ortho Spine Surgery
Professor Dept. of Orthopaedic & Spine Surgery

Q4: How do I prepare for Microdiscectomy?

A: Dr. Shankar Acharya's team will guide you through pre-surgery instructions, which include stopping certain medications, maintaining a healthy lifestyle, and arranging post-surgery care at home.

Q5: What is the cost of Microdiscectomy in India?

A: The cost varies depending on the hospital and the complexity of the case. Contact Dr. Shankar Acharya's clinic for detailed information and personalized estimates.



SIR GANGA RAM HOSPITAL
Trust of Generations

Address:- Room No. G-1, Ground Floor,
Ortho Department, Old Rajender Nagar,
New Delhi - 110060, India
Tel. +91-11-25750000, +91-11-42254000
Timings: Pvt. OPD: 2:00 P.M. to 5:00 P.M.
For Appointments Visit: www.sgrh.com
For Appointments Call:- +91-11-42254000,
+91-11-25750000
For Admission, Call: +91-11-42251000-7
Email Address: spinecaredelhi@gmail.com,
spineshankar@gmail.com



Dr. Shankar Acharya's Private Clinic
Address:- 21, Kailash Enclave, Ground Floor,
Near Saraswati Vihar, E-Block Bus Stand,
Pitampura, Delhi-10034, India
Timings: 8:00 P.M. - 9:00 P.M. (Monday to Friday)
For Appointments Call:- +91-98109-12174,
+91-8586963525 (after 5:00 P.M.)

Official Website

www.SpineSurgeonInIndia.com