



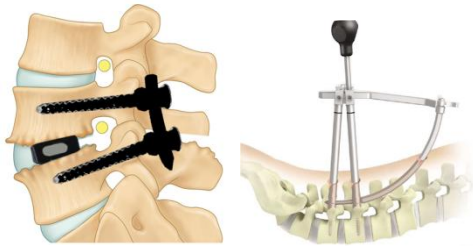
Dr. Shankar Acharya

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MINIMALLY INVASIVE SPINAL FUSION

Minimally Invasive Spinal Fusion (MISF) is a modern surgical technique used to treat certain spine conditions that cause persistent back pain or nerve problems. Dr. Shankar Acharya, a senior consultant and experienced spine surgeon at Sir Gangaram Hospital, New Delhi, specializes in this advanced procedure.



What is Spinal Fusion?

Spinal fusion is a surgical method where two or more bones in the spine (vertebrae) are permanently joined to stabilize the spine and reduce pain. It helps treat conditions like:



- **Herniated Discs**
- **Degenerative Disc Disease**
- **Spondylolisthesis**



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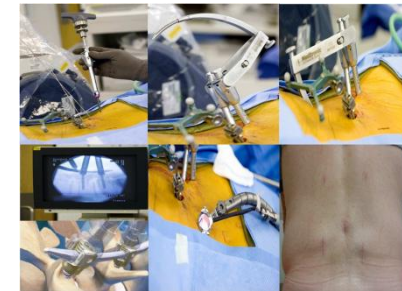
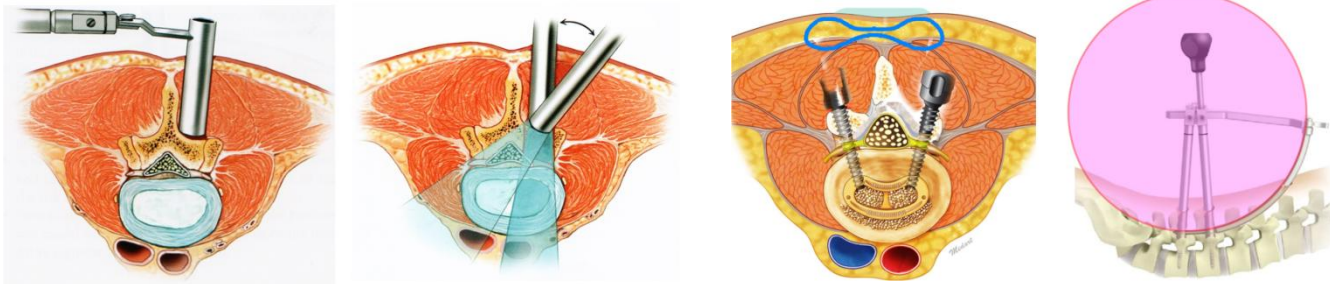
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- **Spinal Instability:** When the spine shifts out of alignment due to injury or wear and tear.

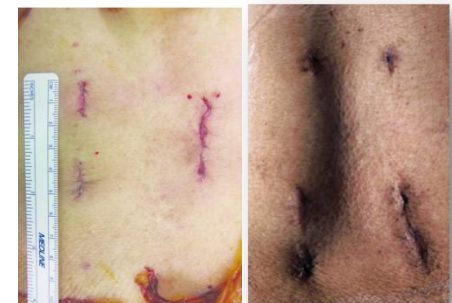
What Makes It “Minimally Invasive”?

Unlike traditional spinal fusion, which requires a large incision and significant muscle disruption, MISF uses smaller incisions and specialized tools. With the help of advanced imaging, the surgeon precisely navigates and performs the procedure without causing unnecessary damage to nearby muscles and tissues.



Benefits of MISF

- **Smaller Incisions:** Reduces visible scars.
- **Less Pain:** Minimal tissue damage means less post-operative discomfort.
- **Faster Recovery:** Most patients return to daily activities sooner.
- **Lower Risk of Complications:** Reduced blood loss and lower infection risks.



How is MISF Performed?

1. **Preparing the Area:** The patient is placed under anesthesia.
2. **Tiny Incisions:** Small cuts are made near the problem area.
3. **Accessing the Spine:** A tube or scope is inserted to visualize the spine without disturbing surrounding tissues.



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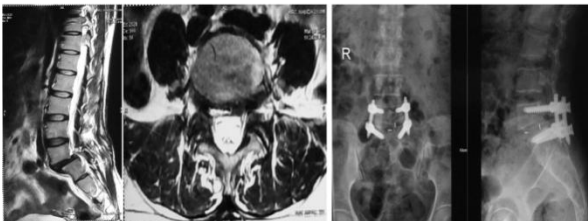
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4. **Fusion Process:** The affected vertebrae are fused using bone grafts, screws, or rods for stabilization.
5. **Closing the Incision:** The small incisions are carefully closed.

Conditions Treated with MISF

MISF is commonly recommended for:

- Chronic lower back pain from disc problems.
- **Spinal deformities** such as scoliosis.
- Conditions causing nerve compression like sciatica.



Recovery After MISF

- **Hospital Stay:** Many patients go home within 1-3 days.
- **Physical Therapy:** Light exercises help rebuild strength and mobility.
- **Follow-Up:** Regular check-ups ensure proper healing.



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Is MISF Right for You?

Dr. Shankar Acharya evaluates each patient individually. MISF is suitable for those who haven't found relief from non-surgical treatments like medications or physical therapy.

FREQUENTLY ASKED QUESTIONS ABOUT MINIMALLY INVASIVE SPINAL FUSION

Q: What is Minimally Invasive Spinal Fusion (MISF)?

A: MISF is a surgical procedure that stabilizes the spine by permanently joining two or more vertebrae using small incisions, specialized tools, and advanced imaging technology. It causes less tissue damage and speeds up recovery compared to traditional spinal fusion.

Q: Why is MISF done?

A: MISF is performed to relieve chronic back pain, nerve compression, or spinal instability caused by conditions such as:

- Herniated discs
- Spondylolisthesis
- Degenerative disc disease
- Spinal deformities like scoliosis

Q: How is MISF different from traditional spinal fusion?

A: MISF uses smaller incisions, minimizes muscle disruption, and reduces recovery time. Traditional spinal fusion involves larger incisions and more tissue damage, leading to a longer healing process.

Q: What are the benefits of MISF?

A: Benefits include:

- Smaller scars
- Less pain and blood loss
- Lower risk of infection



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- Faster recovery and return to daily activities

Q: How do I know if MISF is right for me?

A: MISF may be recommended if you have persistent back pain or nerve-related symptoms that haven't improved with medications, physical therapy, or other non-surgical treatments. A spine surgeon like Dr. Shankar Acharya will assess your condition and decide the best approach for you.

Q: What happens during the MISF procedure?

A:

1. You are given anesthesia to ensure you don't feel pain.
2. The surgeon makes small incisions.
3. Special instruments and a tube or camera are used to access the spine.
4. Bone grafts, screws, or rods are used to fuse the affected vertebrae.
5. The incisions are closed, and you're moved to recovery.

Q: How long does the surgery take?

A: The procedure usually takes 2-4 hours, depending on the complexity of the case.

Q: How long is the recovery period after MISF?

A: Most patients can walk within a day or two and return home in 1-3 days. Full recovery may take a few weeks to a few months, depending on your overall health and how well you follow post-surgery instructions.

Q: Will I need physical therapy after MISF?

A: Yes, physical therapy is often recommended to help restore strength, flexibility, and mobility in your spine.

Q: Are there risks with MISF?

A: Like any surgery, there are risks, but they are generally lower with MISF. Possible risks include infection, blood loss, nerve damage, or incomplete fusion. Dr. Shankar Acharya's expertise ensures these risks are minimized.

Q: How successful is MISF?

A: MISF has a high success rate, especially when performed by experienced surgeons. Patients often experience significant pain relief and improved quality of life.

Q: Will I have visible scars?

A: The incisions in MISF are very small, so scars are minimal and less noticeable compared to traditional surgery.

Q: When can I return to work or normal activities?



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A: Many patients resume light activities within a few weeks and return to work in about 4-6 weeks, depending on the nature of their job.

Q: Why should I choose Dr. Shankar Acharya for MISF?

A: With over 30 years of experience, Dr. Shankar Acharya is a highly skilled spine surgeon specializing in minimally invasive techniques. His expertise and compassionate approach ensure the best possible outcomes for his patients.



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