



# Dr. Shankar Acharya

Regd. No.3095/DMC

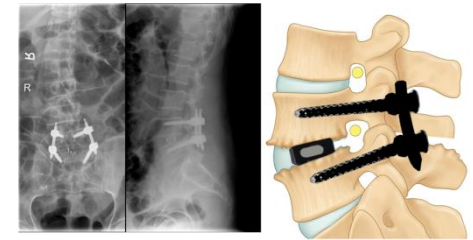
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## MIS-TLIF

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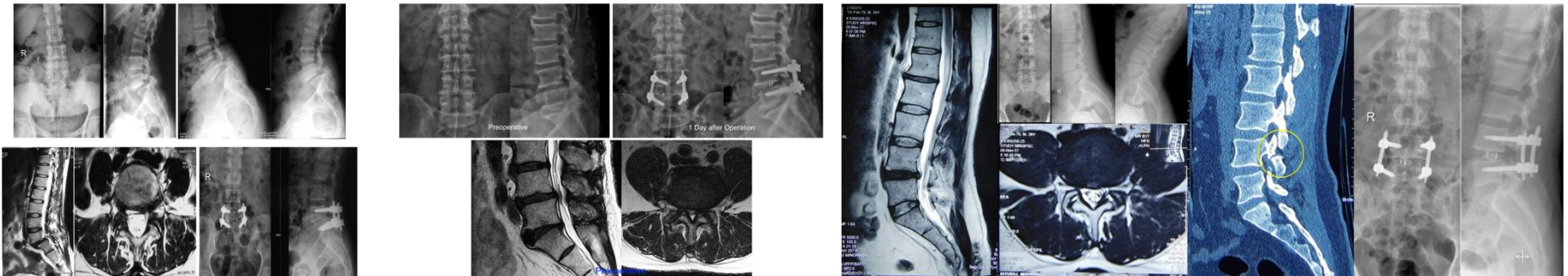
MIS-TLIF is a minimally invasive procedure used to treat spine conditions by stabilizing the spine and relieving pressure on the nerves. It involves:

- Removing the damaged disc between two vertebrae.
- Inserting a bone graft or cage to fuse (join) the two vertebrae.



### MIS-TLIF is recommended for patients with:

- **Herniated Discs**
- **Spinal Stenosis**
- **Spondylolisthesis**
- **Chronic Back or Leg Pain:** Pain that doesn't improve with medications or physiotherapy.
- **Spinal Instability:** Weakness in the spine that needs stabilization.



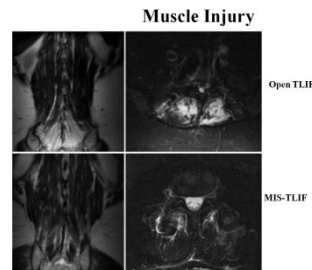


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## Benefits of MIS-TLIF

- **Smaller Incisions:** Leads to less scarring and quicker healing.
- **Minimal Muscle Damage:** Protects surrounding tissues and reduces pain.
- **Shorter Hospital Stay:** Most patients can go home in 1-3 days.
- **Quicker Recovery:** Patients can return to daily activities in a few weeks.
- **Less Pain After Surgery:** Reduced need for painkillers.



## Why Choose Dr. Shankar Acharya?

Dr. Shankar Acharya is a renowned spine surgeon with decades of experience in treating complex spine conditions. His expertise in minimally invasive techniques like MIS-TLIF ensures that patients receive the highest level of care with the least discomfort and fastest recovery.

## THIS PROCEDURE IS IDEAL FOR PATIENTS WHO:

- Have not found relief from non-surgical treatments like physiotherapy or medications.
- Experience severe pain, numbness, or weakness in the back, legs, or buttocks.
- Have difficulty walking or performing daily tasks due to spine problems.



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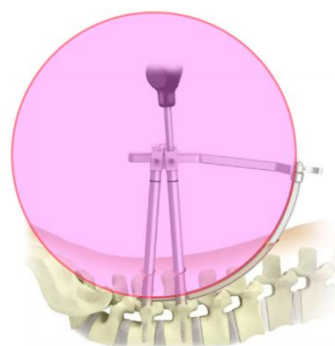
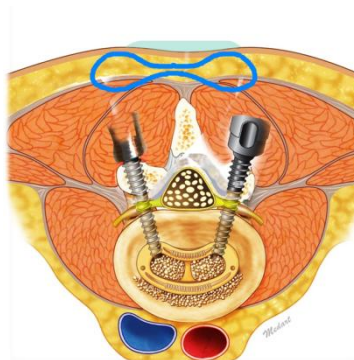
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## What to Expect After MIS-TLIF?

- **Recovery Time:** You may start walking within a day or two after surgery. Full recovery usually takes 2-3 months.
- **Follow-Up Care:** Regular check-ups with your surgeon ensure proper healing.
- **Physiotherapy:** Strengthening exercises may be recommended to regain mobility and strength.

## How is MIS-TLIF Performed?

1. **Small Incisions:** The surgeon makes tiny cuts on the back.
2. **Accessing the Spine:** Special tools and a tubular retractor are used to reach the spine while protecting muscles and tissues.
3. **Removing the Damaged Disc:** The surgeon removes the damaged disc causing the problem.
4. **Inserting a Bone Graft or Cage:** A bone graft or cage is placed to stabilize the spine and encourage fusion.
5. **Closing the Incisions:** The small cuts are stitched, and the procedure is completed.





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## Frequently Asked Questions

### 1. Will I have a large scar after MIS-TLIF?

No, MIS-TLIF involves small incisions, resulting in minimal scarring.

### 2. How soon can I return to work?

Depending on your job, you can return to light work in 4-6 weeks.

### 3. Is MIS-TLIF safe?

Yes, it is a safe and effective procedure performed with advanced tools and techniques.

### 4. What is MIS-TLIF?

MIS-TLIF is a modern surgical technique used to treat back and leg pain caused by spine problems like herniated discs, spinal stenosis, or spondylolisthesis. The surgery stabilizes the spine and relieves nerve pressure by fusing two or more vertebrae using small incisions and specialized tools.

### 5. How is MIS-TLIF different from open spine surgery?

MIS-TLIF uses small incisions, causing less damage to muscles and tissues. This results in:

- Less pain after surgery.
- Smaller scars.
- Faster recovery and shorter hospital stays compared to open surgery.

### 6. Who needs MIS-TLIF?

MIS-TLIF is recommended for patients with:

- Severe back or leg pain that doesn't improve with medications, physiotherapy, or other treatments.
- Conditions like herniated discs, spondylolisthesis, spinal instability, or spinal stenosis.
- Difficulty walking or performing daily activities due to nerve compression.

### 7. Is MIS-TLIF safe?





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Yes, MIS-TLIF is a safe and effective procedure when performed by an experienced surgeon like Dr. Shankar Acharya. The use of advanced tools and imaging ensures precision during the surgery.

## 8. What happens during MIS-TLIF?

- Small incisions are made in the back.
- A damaged disc is removed to relieve nerve pressure.
- A bone graft or cage is placed between the vertebrae to promote fusion (joining of bones).
- Screws and rods are used to stabilize the spine.

## 9. How long does the surgery take?

The procedure typically takes 2-3 hours, depending on the patient's condition and the complexity of the case.

## 10. What is the recovery time after MIS-TLIF?

- Hospital Stay: Most patients stay in the hospital for 1-3 days.
- Recovery: Light activities can be resumed in 2-3 weeks. Full recovery, including complete spinal fusion, takes a few months.
- Rehabilitation: Physiotherapy may be recommended to strengthen the back and improve mobility.

## 11. Will I feel pain after surgery?

Some mild pain or discomfort is expected after surgery, but it's significantly less than open surgery. Pain medications and rehabilitation exercises will help manage any discomfort.

## 12. Can rural patients afford and access MIS-TLIF?

Yes, MIS-TLIF is becoming increasingly accessible in India. At Sir Gangaram Hospital, patients receive world-class treatment at affordable costs. The shorter recovery time also reduces the overall expense of care.

## 13. How successful is MIS-TLIF?



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MIS-TLIF has a high success rate when performed by an experienced surgeon. Most patients experience significant relief from pain and improvement in mobility after the procedure.

#### 14. Will I need follow-up visits?

Yes, follow-up visits are essential to monitor healing and ensure the spine is fusing correctly. Dr. Shankar Acharya and his team will guide you through the recovery process.

#### 15. Are there any risks with MIS-TLIF?

Like any surgery, MIS-TLIF has some risks, such as infection or improper fusion. However, these risks are minimal when the procedure is performed by an expert like Dr. Shankar Acharya.

#### 16. How do I prepare for the surgery?

- Discuss your medical history and medications with the doctor.
- Follow pre-surgery instructions, such as fasting and stopping certain medications.
- Arrange for a caregiver to assist you during the initial recovery period.



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## 17. Can I live a normal life after MIS-TLIF?

Yes! Most patients return to their normal activities within a few weeks and experience lasting pain relief. With proper care and rehabilitation, you can enjoy an active and healthy life.

## 18. Why choose Dr. Shankar Acharya for MIS-TLIF?

Dr. Shankar Acharya is a renowned spine surgeon with over three decades of experience. He has successfully performed numerous MIS-TLIF procedures, offering patients personalized care, advanced techniques, and excellent outcomes.

For more details or to book a consultation, visit [ [www.sgrh.com](http://www.sgrh.com) ].



### SIR GANGA RAM HOSPITAL *Trust of Generations*

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Official Website

[www.SpineSurgeonInIndia.com](http://www.SpineSurgeonInIndia.com)