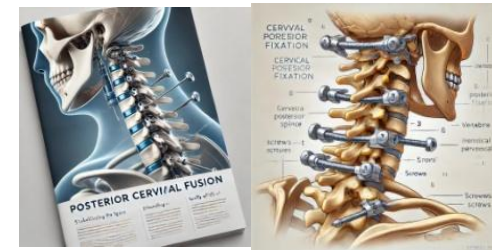


Cervical Spine Surgery - Posterior Cervical Fusion

Posterior cervical fusion is a type of spine surgery performed on the neck (cervical spine) to treat problems affecting the bones, discs, or nerves in the neck. This surgery involves the fusion (joining) of two or more vertebrae in the neck to help reduce pain, prevent further damage, and improve stability. It is called “posterior” because the surgery is performed through the back of the neck



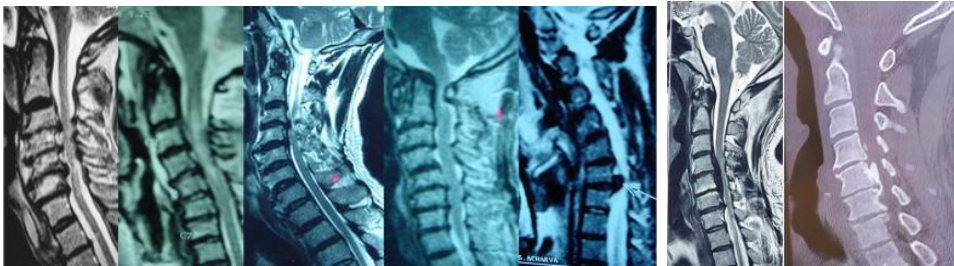
Why is Posterior Cervical Fusion Needed?

- **Spinal Stenosis:** Narrowing of the spaces in the spine, which puts pressure on the spinal cord and nerves.
- **Herniated Discs:** When the cushioning discs between the vertebrae in the neck bulge out or rupture, pressing on nearby nerves.
- **Cervical Spondylosis:** Age-related wear and tear of the spinal discs that can cause pain, stiffness, and nerve problems.

- **Trauma or Injury:** Fractures or injuries to the cervical spine.
- **Degenerative Conditions:** Long-term damage to the discs and joints in the neck causing pain and instability.

Benefits of Posterior Cervical Fusion

- **Pain Relief:** It helps relieve chronic neck pain caused by nerve compression.
- **Improved Stability:** The fusion of vertebrae makes the neck more stable and less likely to move abnormally.
- **Prevention of Further Damage:** It helps to prevent worsening of the spinal condition, such as further nerve damage or worsening stenosis.



What to Expect After Surgery

- **Hospital Stay:** Most patients stay in the hospital for 1-2 days after surgery.
- **Recovery:** The recovery time can vary but generally takes a few weeks to months. Patients will need to avoid heavy lifting or strenuous activities during recovery.
- **Physical Therapy:** In some cases, physical therapy may be recommended to improve neck strength, range of motion, and mobility.
- **Follow-up Care:** Regular follow-up appointments with the spine surgeon are important to monitor healing and progress.

Is It Safe?

Posterior cervical fusion is generally considered safe and effective, but as with any surgery, there are potential risks such as infection, bleeding, nerve damage, or issues with the fusion not healing properly. Dr. Shankar Acharya, with over 30 years of experience, will ensure that you receive the best possible care to minimize risks and achieve a positive outcome.

Why Choose Dr. Shankar Acharya?

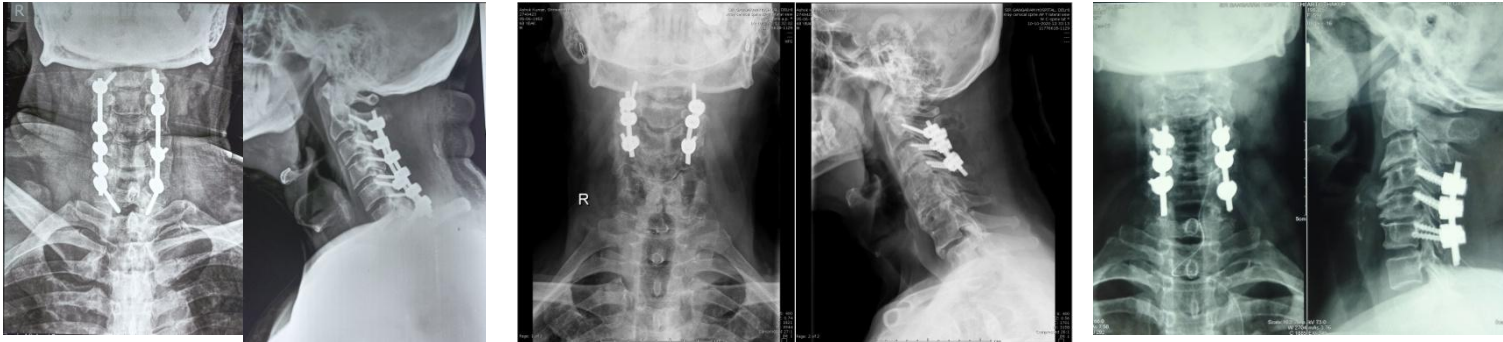
With 30 years of experience as a spine surgeon and senior consultant at Sir Gangaram Hospital, Dr. Shankar Acharya is a trusted expert in spine surgery. His knowledge, combined with state-of-the-art medical facilities, ensures that you receive personalized care and the highest level of treatment for your cervical spine condition.

How is Posterior Cervical Fusion Performed?

1. **Preparation:** The patient is given general anesthesia, meaning they will be asleep during the procedure.
2. **Incision:** A small incision is made at the back of the neck, through which the surgeon accesses the affected vertebrae.
3. **Decompression:** If necessary, the surgeon may remove part of the disc or bone causing pressure on the nerves or spinal cord.

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4. **Fusion:** After decompression, the surgeon places a bone graft (either from the patient's own body or a donor) between the vertebrae. Metal plates, screws, or rods may be used to hold the vertebrae in place while the bones fuse together.
5. **Closure:** The incision is closed with stitches, and the patient is taken to a recovery room.



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