



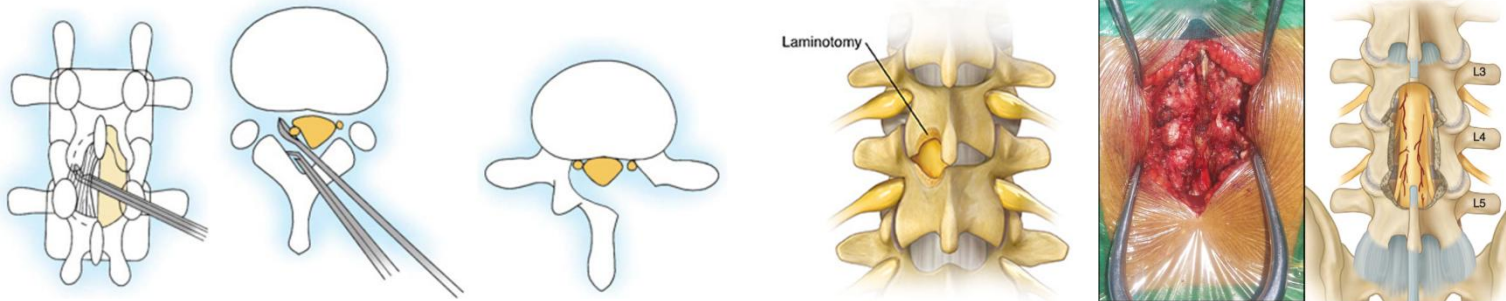
Dr. Shankar Acharya

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SPINAL DECOMPRESSION SURGERY

Spinal decompression surgery is a procedure to relieve pressure on the spinal cord or nerves in your back or neck. This pressure can cause pain, weakness, or numbness, often due to conditions like **spinal stenosis**, **herniated discs**, or **spondylolisthesis**. The surgery creates more space around the spine, helping reduce symptoms and improve mobility.

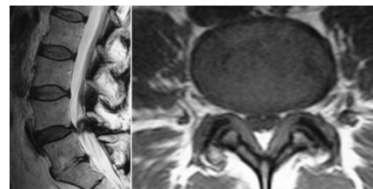


Why Might You Need This Surgery?

If you have persistent back or neck pain, difficulty walking, or problems with bladder or bowel control due to pressure on your spinal nerves, spinal decompression surgery could be an option. It is recommended when non-surgical treatments like medicines, physiotherapy, or injections do not provide relief.

Common Conditions Treated with Spinal Decompression

- **Spinal Stenosis**
- **Herniated Disc**
- **Spondylolisthesis**





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RECOVERY AND CARE AFTER SURGERY

- **Hospital Stay:** Typically 1-3 days, depending on the procedure.
- **Physical Therapy:** Exercises to restore movement and build strength.
- **Activity Restrictions:** Avoid heavy lifting or bending for a few weeks.
- **Follow-Up Visits:** 2 Weeks , 8Regular check-ups with Dr. Shankar Acharya to monitor your healing.

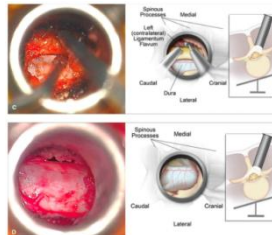
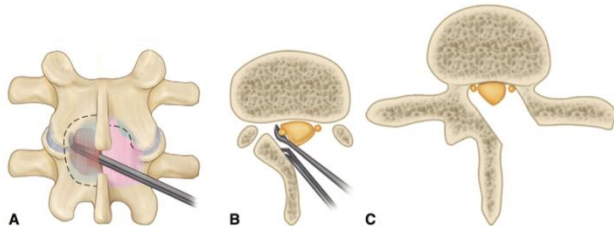
Advantages of Spinal Decompression Surgery

- Relief from pain, numbness, and weakness.
- Improved ability to walk and perform daily activities.
- Better control of bladder and bowel functions (if affected).
- Enhanced quality of life.



Types of Spinal Decompression Surgeries

1. **Laminectomy:** Removes a portion of the vertebra (lamina) to relieve pressure.
2. **Discectomy:** Removes the damaged part of a herniated disc.
3. **Foraminotomy:** Enlarges the nerve passageways in the spine.
4. **Corpectomy:** Removes parts of the vertebral body and disc for severe compression cases.



What Happens During Surgery?

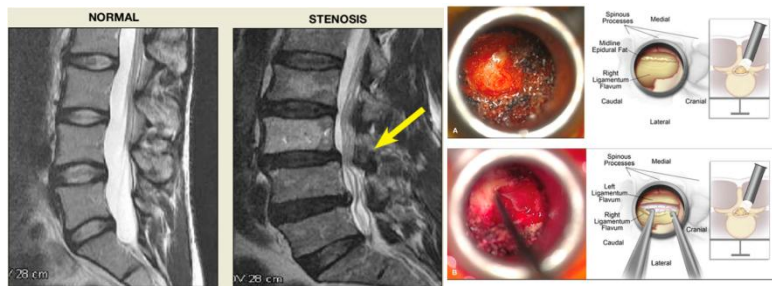


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- **Before Surgery:** Tests like MRI or CT scans will help plan the procedure. You may need to fast before surgery.
- **During Surgery:** The surgeon works to remove or reshape the structures causing nerve pressure. Depending on the case, minimally invasive techniques or traditional open surgery may be used.
- **After Surgery:** Most patients begin moving within a day or two. A physiotherapy program will help regain strength and flexibility.



Who Should Perform This Surgery?

Spinal decompression surgery requires expertise. Dr. Shankar Acharya, a senior consultant with over 30 years of experience in spine surgery at Sir Gangaram Hospital, New Delhi, specializes in such procedures. His extensive experience ensures safe and effective treatment tailored to each patient's needs.

Is It Safe?

Yes, spinal decompression surgery is generally safe when performed by an experienced surgeon. Like all surgeries, there are some risks, such as infection, blood clots, or nerve injury, but these are rare. Your doctor will discuss these risks with you beforehand.



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When to Seek Help?

If you experience severe back or neck pain, weakness in your arms or legs, or difficulty controlling urination, do not delay seeking medical advice. Early treatment can prevent complications and improve outcomes.

For more information or to book a consultation with Dr. Shankar Acharya, visit our clinic at Sir Gangaram Hospital, New Delhi. Take the first step towards a pain-free life today!



SIR GANGA RAM HOSPITAL

Trust of Generations

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Official Website

www.SpineSurgeonInIndia.com