

Percutaneous Nucleotomy Herniated Disk Repair Through the Skin

Suction or Endoscopic Methods

Herniated Disk Removal

By going through the skin the procedure prevents unnecessary tissue damage, thereby reducing the risk of scarring so common to conventional surgery. This minimal invasive procedure has been used in the USA and Europe for more than ten years with great success. With the help of image intensifying technology and x-ray a small probe is inserted in the immediate vicinity of the affected disk. At this point there are two ways to proceed:

1. The herniation suctioned toward the probe where an integrated knife then cuts it away from the disk. The material is then suctioned away: the nerve root is no longer irritated.
2. High precision endoscopes and cameras can be inserted through the probe into the immediate vicinity of the disk. The herniation can then be removed under visual control.



Indications

- herniated disks
- herniated disks which have not responded to conventional treatment
- herniated disks which have not responded to epidural catheter treatment

Value

This is a minimal invasive procedure that also handles larger herniations; open surgery and the potential for scarring that go along with it can thus be avoided.

Advantage

The procedure is available on an out-patient basis. It can bring relieve to the affected nerve root through precise removal of the herniation. There is no scarring. An intensive rehabilitation is not required.

Follow-Up

A special corset should be worn for two weeks following treatment. A program of physical therapy stressing strength training begins two weeks after treatment.

Work

Office work and light physical activity can be resumed one to two weeks after treatment. Heavier physical activity should be avoided for the first four weeks and may slowly be resumed thereafter.

Sport

Swimming and bike riding (both emphasizing upright posture) are allowed after three weeks. Jogging on soft surfaces is possible after four weeks. All other sports can be gradually resumed after the fifth week depending on their degree of intensity.

Results

A success rate of over 80% is reported in the international literature.