

# Minimally Invasive Spinal Deformity Surgery: Relieving Pain and Restoring Function

## What is Spinal Deformity?

Spinal deformity is a condition in which the spine curves abnormally. This can occur due to a variety of factors, including genetics, birth defects, and injuries. Spinal deformities can range from mild to severe, and can cause a variety of symptoms, including pain, stiffness, difficulty breathing, and neurological problems.



## Minimally Invasive Spinal Deformity Surgery: An Evolution of Modern Techniques by Adolph Barr

★★★★★ 5 out of 5

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## Traditional Spinal Deformity Surgery

Traditional spinal deformity surgery involves making a large incision in the back and using extensive hardware to straighten the spine. This type of surgery can be very effective, but it is also associated with a number of risks, including infection, bleeding, and nerve damage.

## Minimally Invasive Spinal Deformity Surgery

Minimally invasive spinal deformity surgery (MISDS) is a newer technique that uses smaller incisions and specialized instruments to straighten the spine. MISDS is less invasive than traditional surgery, and it is associated with a number of benefits, including:

- Less pain and scarring
- Shorter hospital stays
- Faster recovery times
- Lower risk of complications

## **Types of MISDS**

There are a number of different types of MISDS, each of which is designed to address a different type of spinal deformity. The most common types of MISDS include:

- **Instrumented fusion:** This procedure involves using screws, rods, and plates to stabilize the spine and prevent it from curving further.
- **Vertebral body tethering:** This procedure involves placing a flexible cord around the vertebrae to hold them in place and prevent them from shifting.
- **Growth modulation:** This procedure involves using a device to slow or stop the growth of the spine in order to prevent the deformity from progressing.

## **Who is a Candidate for MISDS?**

MISDS is not appropriate for all patients with spinal deformity. The best candidates for MISDS are those who have mild to moderate deformities

and are in good overall health. Patients who are obese, have a history of bleeding disorders, or have other medical conditions may not be suitable for MISDS.

## **Benefits of MISDS**

MISDS offers a number of benefits over traditional spinal deformity surgery, including:

- Less pain and scarring
- Shorter hospital stays
- Faster recovery times
- Lower risk of complications
- Improved quality of life

## **Risks of MISDS**

As with any surgical procedure, there are some risks associated with MISDS. These risks include:

- Infection
- Bleeding
- Nerve damage
- Failure to correct the deformity

## **Recovery from MISDS**

The recovery time from MISDS is typically shorter than the recovery time from traditional spinal deformity surgery. Most patients are able to go home

from the hospital within 2-3 days after surgery. Patients may experience some pain and discomfort during the first few weeks after surgery, but this can be managed with medication. Most patients are able to return to their normal activities within 6-8 weeks after surgery.

MISDS is a safe and effective treatment option for patients with spinal deformity. This technique offers a number of benefits over traditional surgery, including less pain, shorter hospital stays, faster recovery times, and a lower risk of complications. If you are considering surgery for spinal deformity, talk to your doctor about whether MISDS is right for you.



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