

WHERE ARE THESE PROCEDURES DONE?

- In theatre with specialized X-ray machine and special needles

HOW LONG DO THESE PROCEDURES LAST?

- 30-60 minutes

DO I HAVE TO BE ADMITTED TO HOSPITAL?

No, unless under rare circumstances where there may be inside effects/complications that requires observation overnight or requiring another intervention

HOW SOON CAN I GO BACK TO WORK AFTER THE PROCEDURE?

Usually most people are back to work in a week

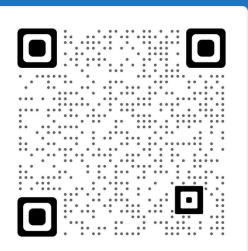


TO BOOK A CONSULTATION CONTACT
OUR ORTHOPAEDIC SPINE SURGEONS:

Dr R.C. Tshisikule Dr S. Bhikha

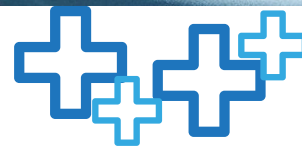
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Back Pain Management

 **apex**
Day Hospital

NON SURGICAL MANAGEMENT

- NSAIDS
- Analgesia
- Physiotherapy




SPINAL PROCEDURE

- Facet (medial branch) block: For arthritis of the spine
- Epidural injections: for lumbar disc herniation/Sciatica
- Rhizotomy: For arthritis of the spine
- Kyphoplasty: For Osteoporosis/ pathological fractures
- Spine percutaneous biopsy: For diagnosis and treatment of Spinal infection and of Spinal cancer








WHAT ARE THE POTENTIAL COMPLICATIONS OF THESE PROCEDURES?

- Injury to the spinal nerve root(s)
- Bone cement implantation syndrome (only a risk in Kyphoplasty procedure)
 - These risks are mitigated by the use of special X-ray machine throughout the operation

DO YOU SUFFER FROM FOLLOWING ?

-  Increased back pain with physical activities
-  Back pain shooting to one leg after lifting a heavy object
-  Back pain relieved by leaning forward
-  Back pain with leg cramps and numbness
-  Osteoporosis and new onset back pain
-  Back pain which is worse at rest or at night
-  Neck pain with occipital headaches
-  Back pain, leg pain/weakness, loss of bladder & bowel control

SPINAL CAUSES FOR BACK PAIN

-  Mechanical back ache (Musculogenic)
-  Spondylosis (Spine arthritis)
-  Lumbar disc herniation (Sciatica)
-  Lumbar stenosis (Sciatica)
-  Fragility fractures (Osteoporosis)
-  Spine infection (TB)
-  Spine cancer (or cancer spreading from organs like breast or prostate gland)