

# Preparing for Your Spine Surgery

## Cervical Laminoplasty

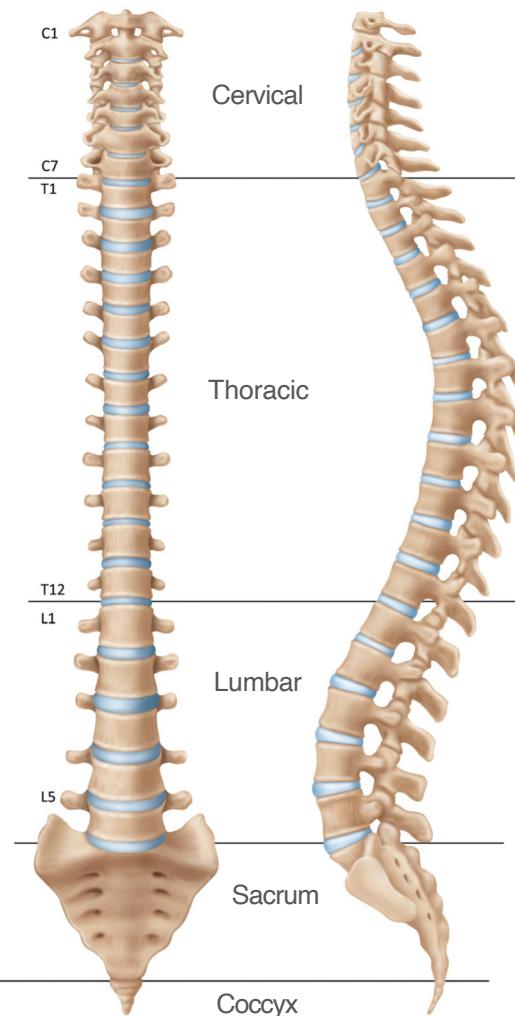
### Cervical Laminoplasty

Dr. Desai has recommended spine surgery to treat your condition. This information will help you understand and prepare for your surgery. Your care provider can show you where in your spine your surgery will occur.

#### The spine

The spine consists of 33 connected bones called vertebrae (Figure 1). Between each vertebra lies a disk that serves as a cushion.

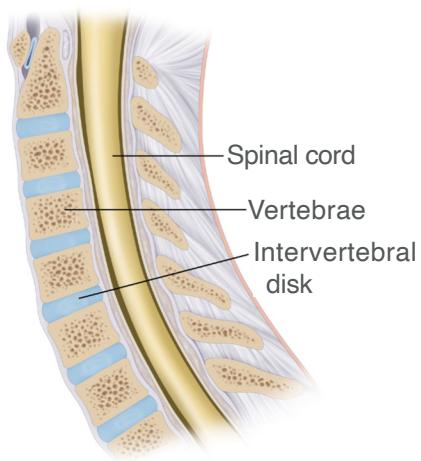
Figure 1. The spine



## Cervical spine

The cervical spine is made up of the first 7 vertebrae in the spine. It starts just below the skull and ends just above the thoracic spine. There are fibrous cushions between the vertebrae (intervertebral disks) (Figure 2). Some of the vertebrae in this area function to help you move your head up and down, left and right, and side to side.

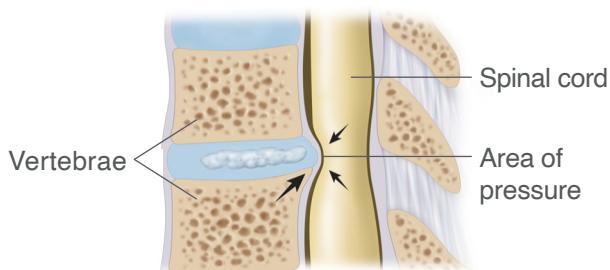
Figure 2. Cervical spine (side view)



## Cervical spinal stenosis

Spinal stenosis is a narrowing of the spaces within your spine, which can put pressure on the nerves that travel through the spine (Figure 3). In cervical stenosis, this narrowing occurs in your neck.

Figure 3. Pressure on the spinal cord due to compression of the vertebrae



## Cervical laminoplasty

A cervical laminoplasty is a type of surgery to relieve pressure in your cervical spine. It is used to treat spondylotic myelopathy, a condition where the spinal cord in your neck becomes compressed usually due to bone changes in your spine. It is not a fusion surgery. In the procedure, one side of the lamina (bony back area of each vertebra) is hinged open to create the extra space, and the other side is kept propped open with a small metallic plate. Your surgeon will then enlarge your spinal canal so your spinal cord can pass through without any compression, preserving the motion in your neck (Figure 4).

Figure 4. Removal of the vertebral body to relieve pressure on the spinal cord

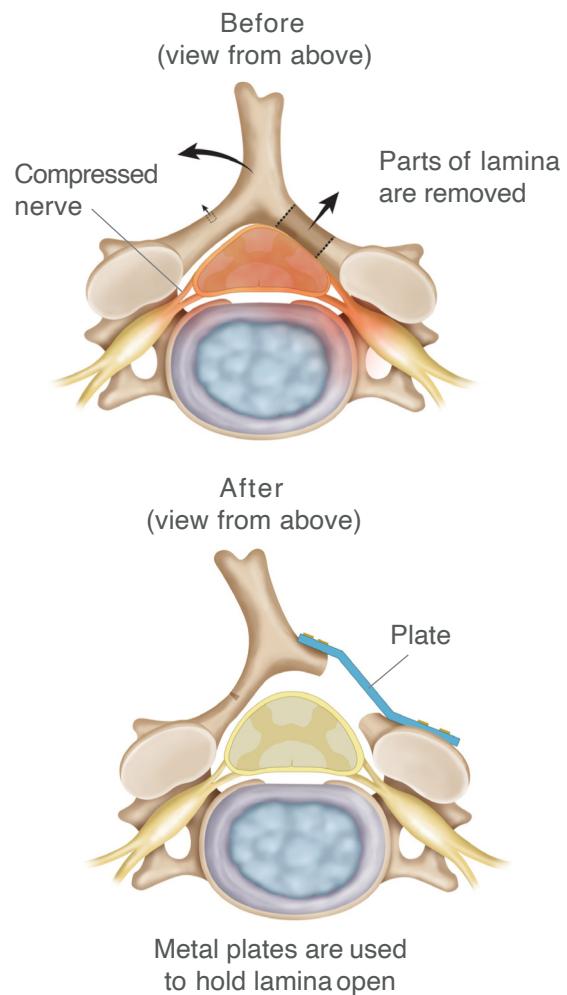
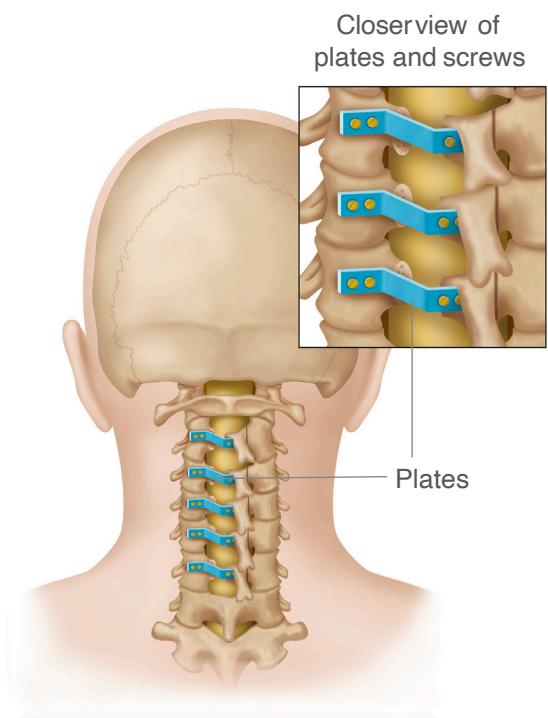
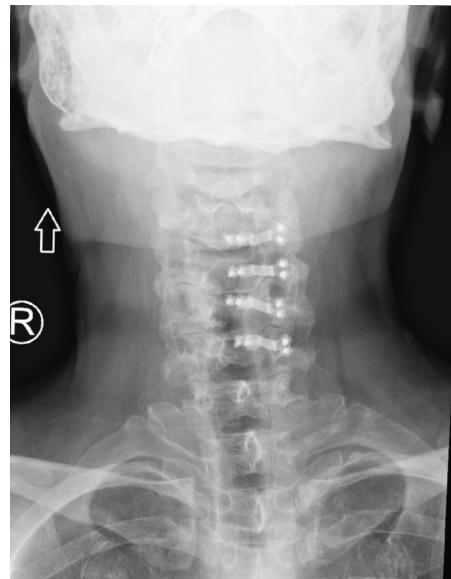


Figure 5. Bone graft plate





Pre-op



Post-op



Pre-op



Post-op

## Meet Your Surgeon



Dr. Parth N. Desai, M.D., is a fellowship-trained orthopedic spine surgeon who provides comprehensive spine care to patients in the Conyers and Covington area. Though originally from Georgia, Dr. Desai completed his spine training at Northwestern Memorial Hospital in Chicago, IL. He completed his undergraduate at the University of Georgia and medical school at Mercer University. Dr. Desai specializes in the full spectrum of spinal conditions involving the neck and back, including herniated discs, spinal stenosis, degenerative disc disease, spinal instability, adult and pediatric spinal deformity, and trauma. Dr. Desai uses a holistic approach to the treatment of neck and back conditions, and considers surgery to be a last resort option. Dr. Desai has expertise in minimally invasive spine surgery, spinal deformity correction, and in the treatment of failed neck and back surgery.

