

Preparing for Your Spine Surgery

Posterior Cervical Spinal Fusion

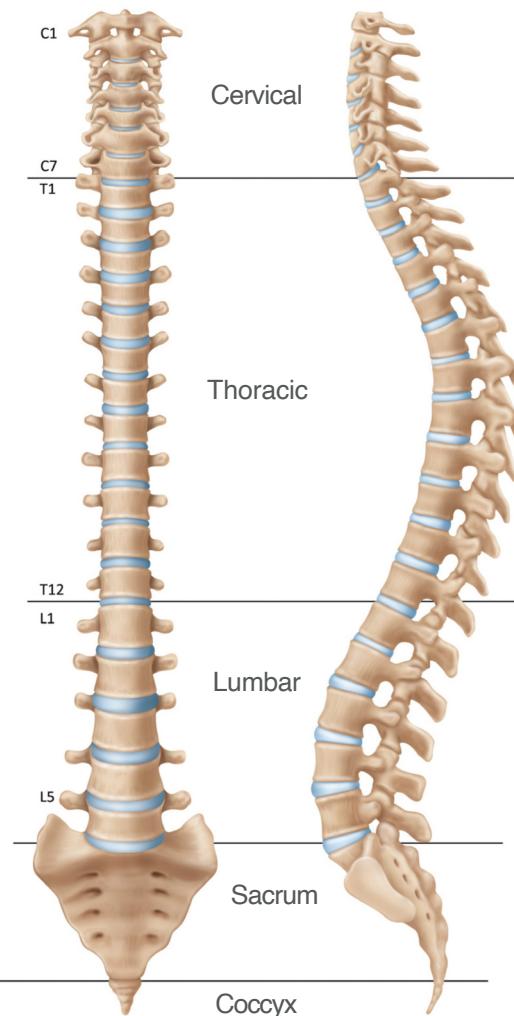
Posterior Cervical Spinal Fusion

Dr. Desai has recommended spine surgery to treat your condition. This information will help you understand and prepare for your surgery. Your healthcare 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 disc 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 discs). (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.

Spinal fusion

A spinal fusion is a type of surgery where 2 or more vertebrae are joined together. This surgery is needed to repair certain parts of your spine. The damaged part (disk) is removed and replaced with a bone graft or intervertebral device. The segment is secured with screws to hold the vertebrae together. As the segment heals, the vertebrae fuse and grow together into 1 bone. This makes your spine more stable.

Your specific type of spine surgery is called a posterior cervical spinal fusion (PCF).

PCF

A PCF is a type of spinal fusion surgery that allows 2 or more vertebrae in your neck to grow together or fuse into 1 solid bone. It can help relieve numbness, tingling or paralysis caused by nerve root or spinal cord compression.

The surgeon will make an incision in the back of your neck (posterior cervical) at the level where the surgery is needed. A bone graft is placed in the back of your spine to help your spine heal and fuse together. The vertebrae are then fixed in place with screws and rods so the spinal fusion can take place (Figure 3).

Figure 2. Cervical spine (side view)

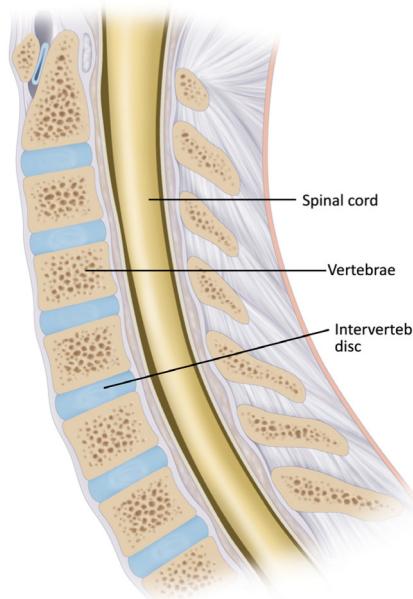
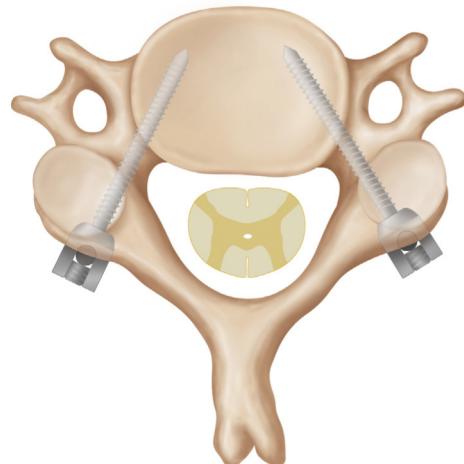


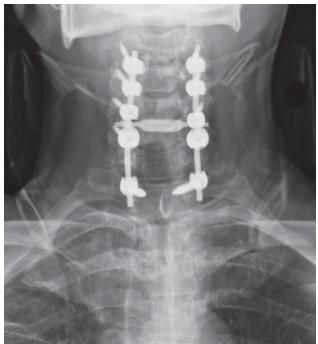
Figure 3. Cervical vertebrae fixed with screws



X-ray images of a PCF



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.



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