

# Preparing for Your Spine Surgery

## Posterior Spinal Fusion +/- Interbody Fusion

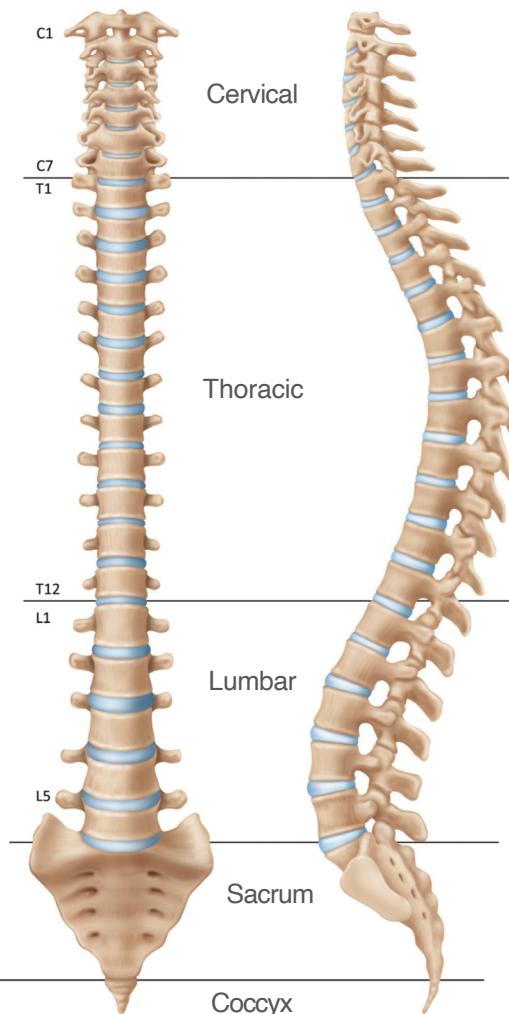
### Posterior Spinal Fusion

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



### Posterior spinal fusion

A posterior spinal fusion is a type of surgery where 2 or more vertebrae are joined together in the back of the spine. This surgery is needed to repair and stabilize certain parts of the spine to relieve pressure on irritated nerves. This surgical procedure is used to relieve leg/back pain, numbness, tingling, weakness, or lack of coordination and motor control caused by pressure on the nerves.

For the surgery, you will be placed on your stomach. Your surgeon will make an incision in your back (posterior) to get to your spine. The damaged disk is removed and replaced with a bone graft or intervertebral device. The segment is secured with screws and rods to hold the vertebrae together (Figures 2 and 3). As the segment heals, the vertebrae fuse and grow together into 1 bone. This makes your spine more stable.

Figure 2. Vertebrae fixed with screws

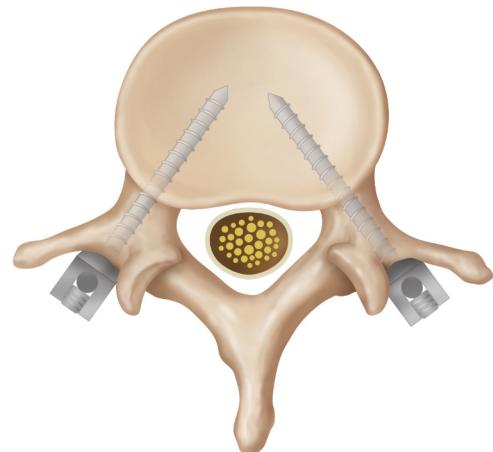
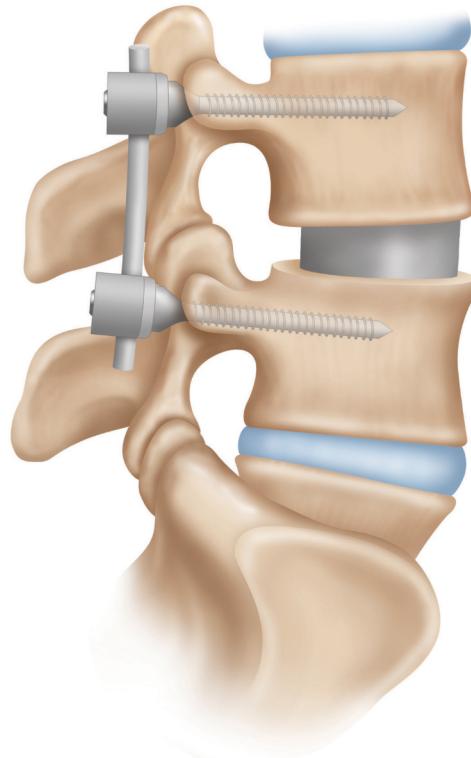
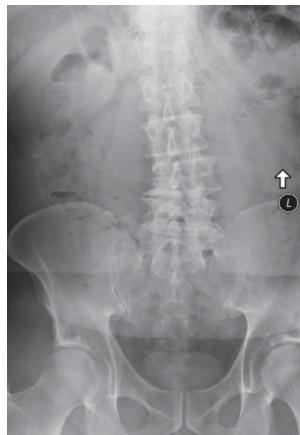


Figure 3. Vertebrae and bone graft (side view)



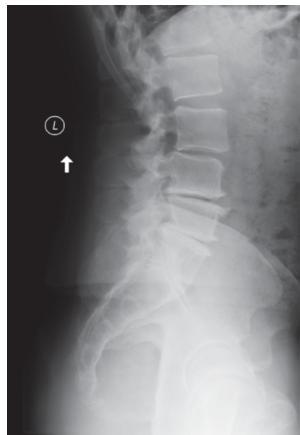
## X-ray images of PSF



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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