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Lumbar microdiscectomies in lateral position and under epidural anesthesia – Our experience

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Introduction: Prone position is preferred by most of the spine surgeons for lumbar microdiscectomies. Performing these surgeries in lateral position is not routinely preferred. We present our series of lumbar spine surgeries which were performed in lateral position under epidural anesthesia.

Methods: A total of 560 cases of lumbar microdiscectomies were performed in lateral position under epidural anesthesia, from April 2003 to November 2015, performed by a single surgeon both in fully equipped neurosurgical theatres in various urban centers as well as in some makeshift theatres in remote villages and tribal areas of Andhra Pradesh state in India.

Results: Various complications associated with prone positioning that have potential to cause serious morbidity were reduced with lateral position. The lateral position also does not require the jungle of frames that are commonly used for positioning in the prone position. The lateral position gives better comfort for both the patient as well as the surgeon. Epidural anesthesia reduces the times of anesthesia, surgery and finally the hospital stay. The only disadvantage is that the surgical assistant does not get a clear view of the operative field when compared to the prone position.

Conclusions: We conclude that lateral position has various advantages over the traditional prone position done under general anesthesia, like better exposure, clear operative field, less discomfort to patient and reduced post op stay.

Biography

Satish Kalidindi has completed his MBBS from Andhra Medical College and Neurosurgery Residency from Achanta Lakshmiipathi Neurosurgical Centre, Chennai under Prof. B Ramamurthi. He cleared his NBE (National Board of Examinations), New Delhi, India in 2002. He is presently consulting Neurosurgeon in Manipal Hospitals, Visakhapatnam.

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