

Lateral Mass Fixation In Sub Axial Cervical Spine

The Definitive Guide

Lateral mass fixation is a surgical procedure used to stabilize the sub axial cervical spine. The sub axial cervical spine is the part of the neck that extends from the bottom of the skull to the top of the chest. It is made up of seven vertebrae, which are the small bones that make up the spine. Lateral mass fixation is used to treat a variety of conditions, including:



Lateral Mass Fixation in Sub-axial Cervical Spine

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- Spinal stenosis
- Herniated discs
- Vertebral fractures
- Spinal instability

Lateral mass fixation involves fusing two or more vertebrae together using metal plates and screws. The plates are attached to the lateral masses, which are the bony protrusions on the sides of the vertebrae. The screws

are then inserted into the vertebrae to hold the plates in place. Lateral mass fixation is a relatively safe and effective procedure, and it can provide significant relief from pain and other symptoms.

Patient Selection

Lateral mass fixation is not suitable for all patients with sub axial cervical spine conditions. The best candidates for surgery are those who have:

- Severe pain that is not relieved by non-surgical treatment
- Neurological deficits, such as weakness or numbness in the arms or legs
- Progressive spinal instability

Patients who have a history of smoking, obesity, or diabetes may be at increased risk for complications from lateral mass fixation surgery. These patients should be carefully evaluated before surgery to determine if the risks outweigh the benefits.

Preoperative Planning

Before surgery, your surgeon will perform a physical examination and Free Download imaging tests, such as X-rays, CT scans, and MRIs. These tests will help your surgeon to determine the extent of your condition and to plan the best surgical approach.

During the preoperative planning process, your surgeon will discuss the risks and benefits of surgery with you. You will also be given instructions on how to prepare for surgery, such as fasting and avoiding certain medications.

Surgical Procedure

Lateral mass fixation surgery is typically performed under general anesthesia. The surgery is performed through an incision in the back of the neck. Your surgeon will then use a variety of instruments to remove the damaged disc material and to fuse the vertebrae together. The plates and screws are typically made of titanium or stainless steel.

The surgery typically takes 2 to 4 hours to complete. You will be monitored closely during surgery and in the recovery room afterwards.

Postoperative Care

After surgery, you will be taken to a recovery room where you will be monitored closely. You will be given pain medication and antibiotics to help you recover from surgery. You will typically stay in the hospital for 1 to 2 days.

Once you are discharged from the hospital, you will need to follow your surgeon's instructions carefully. This will include taking pain medication, wearing a neck brace, and avoiding strenuous activity. You will need to follow up with your surgeon regularly to monitor your progress and to make sure that the fusion is healing properly.

Risks And Complications

As with any surgery, there are risks and complications associated with lateral mass fixation. These risks include:

- Bleeding
- Infection

- Damage to the nerves or spinal cord
- Failure of the fusion to heal
- Pain

The risks of lateral mass fixation surgery are relatively low, but they are important to be aware of before surgery. Your surgeon will discuss the risks with you in detail and will answer any questions that you have.

Lateral mass fixation is a safe and effective procedure for the treatment of a variety of sub axial cervical spine conditions. The surgery can provide significant relief from pain and other symptoms and can help to improve the quality of life for patients with these conditions.

If you are considering lateral mass fixation surgery, it is important to talk to your doctor about the risks and benefits of the procedure. Your doctor can help you to determine if surgery is the right option for you.



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