

## MICRODISCECTOMY

Microdiscectomy or micro compression outpatient spine surgery is one of the most common spine surgeries that we perform at the Iowa City Ambulatory Surgical Center. The procedure has become an industry standard in repairing herniated discs in patients where other forms of treatment have been ineffective.

A microdiscectomy is a procedure where a small incision is made along the spinal cord to repair a herniated disc that is creating pressure on the nerve.

A herniated disc, as defined by the American Association of Neurological Surgeons, "a herniated (also called bulged, slipped, or ruptured) disc is a fragment of the disc nucleus that is pushed out of the spinal cord, into the nerves. Discs that become herniated are usually in an early stage of degeneration. The spinal canal has limited space, which is inadequate for the spinal nerve and the displaced herniated disc fragment. Due to this displacement, the disc presses on spinal nerves, often producing pain, which may be severe.

Iowa City Ambulatory Surgical Center operates on 85 microdiscectomy patients a year.

Leg pain and numbness are common pain symptoms that are associated with herniated discs. Possible causes include:

- Age-related degeneration
- Compression may occur gradually
- Traumatic injury
- Lifting an objective improperly

## We Perform 120 Outpatient Spine Surgeries A Year.

The microdiscectomy involves removing the central portion of an intervertebral disc, and the nucleus pulposus, which causes the nerve pain by stressing the spinal cord. Traditionally, the open discectomy or "Love's technique" that was published in 1971 was the preferred method to repairing a herniated disc. Advances in the operation like the microdiscectomy have provided effective solutions that are much less invasive. A microdiscectomy will not affect the function of the patient's spine.

The microdiscectomy is typically the last resort, when other treatment options are not effectively managing the pain and imaging indicates that there is a herniated disc. The microdiscectomy does not physically alter the functionality of the spine, but removes the foreign object that is causing the pain sensation.

The microdiscectomy is a common procedure performed by spine surgeons across the country. This surgery has a 90% success rate in the United States.

Outpatient microdiscectomy is ideal for the right candidate because this surgery is minimally invasive and the gets patients back on their feet immediately after surgery. Patients are able to walk out of the surgical center with very little trouble after the procedure. Patients are able to return to their normal routine shortly after they have had surgery, minus any heavy lifting, or bending.

*A multi-specialty surgical center.*

2963 Northgate Drive  
Iowa City, IA 52245

PH. 319 248-1500 [www.iowacityasc.com](http://www.iowacityasc.com)





Outpatient surgery is not for everyone. There are some basic criteria that you and your doctor will determine if you are a good candidate for an outpatient microdiscectomy. Such as:

- Good overall health
- High level of motivation to participate in rehabilitation and go home following the surgery
- Strong support system at home
- Physician insight and guidance

Iowa City Ambulatory Surgical Center is a multi-specialty state of the art facility providing quality outpatient surgical care. The Iowa City ASC has been restoring patients since 2008. We perform approximately 6,000 surgeries a year.

Our mission is your care and restoring your life. To learn more about our spine procedures or to schedule your appointment, please contact us at: [319] 248-1500

“Spine surgery has shown outstanding safety and efficacy in the ambulatory setting. We appropriately select patients using sound surgical indications, and dedicate ourselves to great care for each individual patient.”

– Ben MacLennan, M.D.

*A multi-specialty surgical center.*

2963 Northgate Drive  
Iowa City, IA 52245

PH. 319 248-1500 [www.iowacityasc.com](http://www.iowacityasc.com)

