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Easy workshop model for monolateral biportal stenosis decompression and case examples T Yazar *, Abdullah Merter*

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Orth. Dept. Minimally invasive surgical interventions for spinal stenosis and lumbar disc herniation have been increasingly used because of the reduced duration of hospitalization, same targeted surgery, and the same or better clinical outcomes when compared to open surgery. There are many minimally invasive procedures such as transforaminal endoscopic spine surgery, epiduroscopy, interlaminar endoscopic spine surgery and biportal endoscopic spine surgery.

In our clinic, we are using all of these interventions, and recently we started to perform biportal endoscopic spine surgery to lumbar disc herniation and spinal stenosis surgery cases. We perform disectomy with unilateral hemilaminotomy in lumbar disc herniation in this technique. Also we can do bilateral total laminectomy in spinal stenosis cases. In this method, since it is studied from two gateways, it provides wide mobility. It also offers a wider viewing angle because a large diameter camera (4.5mm) is used. However, this technique has a long learning curve because some surgeons little experience with arthroscopy.

In this learning curve, we used a fresh sheep spine model with preserved paraspinal muscles and spine model , which we thought was cost-effective and useful to improve triangulation in the endoscope.

We performed this technique to 10 patients and in the first case the duration of the case was over 2 hours but as we progressed through the learning curve, it went below 1 hour. We did not encounter any neurological or other complications. Patients were discharged from the postoperative day 0.