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MISS – a boon for high risk patients

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Over the past few decades, medical science has progressed by leaps and bounds. Technology has been at the forefront of this progress. Treatments are getting better and better and there is no need of making huge cuts to the body and the same procedures can be easily done with minimal or no collateral damage to the normal tissue.

This is the basis of Minimally Invasive Spine Surgery (MISS). Traditionally, spine surgery entailed long rest period, severe pain and disability. However, with improvement in optics, robotics, metallurgy and illumination the whole outlook has changed. A slip disc surgery can be done as a day care or in some cases as an OPD procedure.

More complex procedures like fixing screws in the spine do not require more than two days of hospital stay. Most patients are able to go back to work and normal routine within weeks if not days.

The best application however is in complex and very high-risk patients. MISS is the safest alternative for patients suffering from diabetes, kidney failure or low heart function who have spinal issues.

In MISS there are small incisions, hardly any blood loss or damage to normal tissue. So it is safer in high-risk patients where a conventional surgery is not possible.

Patients with multiple complexities and old age patients, who have undergone heart surgeries and have stents or any other major surgeries can safely be operated with MISS, as there is no blood loss and major cuts.

Patient with Ankylosing Spondylitis (Bamboo Spine), almost paralyzed waist down with spine with multiple fracture can also undergo successful fixation of their spine. With MISS, the blood loss is negligible, tissue trauma is significantly low so it could be done safely in even high-risk cases.

A decade back these would not have been possible. Simplest of the spine surgeries ended up with significant disabilities a decade back. Now with proper training and use of advanced technology it has become very safe and with negligible complications.

Lasers, Microscopes, Endoscopes and Coablation have made spine surgery safe and with minimal damage to body. Indian surgeons are now going to be at the forefront of innovation and new applications of this technology with the innate Indian skill of lateral thinking!