

# Posterior cervical surgery



**The aim of this leaflet is to help answer some of the questions you may have about having posterior cervical surgery. It explains the benefits, risks and alternatives of the procedure as well as what you can expect when you come to hospital. If you have any questions or concerns, please do not hesitate to speak to a doctor or nurse caring for you.**

## **What is posterior cervical (neck) surgery?**

Your spine is made of a number of bones called vertebrae. They are connected to one another allowing your spine to move and protecting the spinal cord and nerves. These strong interconnections are made up of intervertebral discs (which act as your spine's shock absorbing system) and facet joints (which connect the vertebrae to one another). Due to a variety of reasons, these structures can wear down and, with time, can be a cause of pain in your neck or down your arms (brachialgia). Brachialgia is normally the result of pressure on your spinal nerve root by a slipped disc or degenerate bone. Sometimes your spinal cord may be compressed directly by a disc or bone causing weakness or numbness (or both) in your arms and legs. It can also affect your bowel and bladder control.

Posterior cervical surgery is performed from the back of your spine. During the surgery the surgeon removes the degenerate bone segments which cause nerve root or spinal cord compression.

## **There are three types of posterior cervical surgery:**

- foraminotomy – used to relieve pressure on the nerve root compression where the spinal opening/canal (foramina) is being compressed by bones
- laminoplasty – used to relieve pressure on the spinal cord by cutting the lamina (thin bone on the back of the vertebrae) to allow more space in the spinal canal
- laminectomy – used to remove portion of the lamina to relieve pressure on the spinal cord.

Metalwork, such as little screws, is only used in the laminoplasty.

## **Why do I need this procedure?**

Your doctor will have already discussed with you why they think this is the best procedure to help with your condition.

There are many reasons for doing a posterior cervical surgery but the most common ones are related to:

- **Nerve root or spinal cord compression without spinal instability**
- **Multilevel spinal cord compression where anterior surgery is not suitable**
- **Multilevel spinal cord compression in young patients**

Based on your symptoms and the results of MRI and/or CT scans and x-rays, your surgeon will decide exactly which vertebrae need operating on.

## What are the benefits – why should I have posterior cervical surgery?

A posterior cervical surgery is used for therapeutic purposes. The main aim of the operation is to relieve your arm pain and cord compression symptoms. It is not a procedure to improve chronic neck pain where the cause has not been established.

It is difficult to predict how much your symptoms will improve after. Over an 18-month period, there should be a 50 to 80% reduction in arm symptoms and a 50% reduction in spinal cord compressive symptoms. Sometimes the results may not be seen instantly, especially if your symptoms have been long-standing.

The real benefit is the improvement in the quality of life after this procedure.

## What are the risks of posterior cervical surgery?

In general, the risks of posterior cervical surgery relate to the anaesthetic (it will be done when you are asleep under general anaesthetic) and the procedure itself.

For more information about having an anaesthetic please see our leaflet, **Having an anaesthetic**. If you do not have a copy, please ask us for one. If you are having sedation, you will be able to discuss this with the anaesthetist before surgery and he/she will identify the best method for your.

Posterior cervical surgery is commonly performed and is generally a safe procedure. Before recommending the operation, your surgeon will have considered that the benefits of the procedure outweigh any disadvantages. However, to make an informed decision and give your consent, you need to be aware of the possible side effects and risks/complications.

### **Complications include:**

- **Infection (affects around two out of every 100 patients treated):** this can be serious if the infection gets into your spine or settles on any of your metal elements. If it occurs, you will need an intense course of antibiotics in hospital.
- **Bleeding (affects less than one out of every 100 patients treated):** very rarely this may include damage to the main blood vessels at the side of your spine (vertebral artery). If you take medicines to thin your blood, there is an increase risk of an epidural haematoma (a localised collection of blood around your spinal nerves). This can cause complications, such as cord compressions which may require a further procedure. You will be advised if you need to stop taking blood-thinning medicines before your operation.
- **CSF leak (affects less than one out of every 100 patients treated):** occasionally the outer covering of your spinal cord (dura) may be torn causing leakage of spinal fluid (CSF). This is not serious but it can cause a dull headache for up to a week and you will need to lie flat for at least three days after the procedure.

- **Nerve root or spinal cord injury (affects around one out of every 100 patients treated):** your nerve root or spinal cord may be stretched, bruised or damaged. This can lead to a total loss of feeling or muscle weakness (paralysis) affecting your arms and legs or bladder and bowel function. These symptoms can be permanent.
- **Stroke (affects less than one out of every 100 patients treated):** although rare, this can happen if the vertebral artery is injured.
- **Increased arm pain (affects around one out of every 100 patients treated):** although rare, this can sometimes happen due to scar tissue build-up around your nerves (more common if you have had a previous spinal procedure).
- **Increased neck pain (affects less than one out of every 100 patients treated):** this can mainly happen if you have had multilevel laminectomy. Please ask your doctor for more details.
- **Spinal instability (affects less than one out of every 100 patients treated):** this can mainly happen if you have had multilevel laminectomy and wide decompression. Please ask your doctor for more details.
- **Blood clot in your legs or lungs (affects less than one out of every 100 patients treated):** this can happen if your mobility is restricted. In rare cases, it can cause death.
- **Further procedure (affects around one out of every 100 patients treated):** this includes spinal injections and cervical fusion.

## Are there any alternatives?

There are other pain-relieving therapies that can help ease neck pain and brachialgia, such as pain-relieving medicines, spinal injections and TENS (transcutaneous electrical nerve stimulation) machine. Exercise, acupuncture, yoga/pilates and relaxation therapy may also help ease neck pain.

Some procedures can also be done using anterior cervical surgery – please refer to **Anterior cervical fusion** leaflet for further information.

## How can I prepare for posterior cervical surgery?

Please refer to the following leaflet which will provide information on how to prepare for your operation:

- **The surgical admission lounge (SAL) at Guy's Hospital**

If you do not have a copy, please ask us for one or see our website at **[www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)** (type SAL in the search box).

During your pre-assessment, you should tell your nurse about any health conditions you have, such as diabetes or bleeding disorders, and about any medicines that you may be taking, including blood-thinning and over-the-counter medicines. You may be asked to stop taking certain medicines for several days before the procedure.

If you are a woman of child-bearing age, you must tell your nurse if you could be pregnant. If unsure, you will



be asked to have a pregnancy test. This is because x-rays are usually used during the surgical procedure. They are safe for adults, but may harm your developing baby. If you are pregnant, your doctor will talk about alternatives to the procedure.

## Giving my consent (permission)

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This states that you agree to have the treatment and you understand what it involves.

You should receive the leaflet, **Helping you decide: our consent policy**, which gives you more information. If you do not, please ask a member of staff caring for you for a copy.

## What happens during the operation?

On your day of admission you will be seen by a doctor who will mark the site of the surgery and ask you to sign the consent form. The anaesthetist may also review your fitness for surgery and finalise the planned anaesthetic regime. You will then be taken to the operating theatre.

You will lie on your stomach on a special mattress. Your head and neck will be held in a special clamp which has three pins. This will ensure that your head and neck are securely positioned throughout the procedure.

Your doctor will make an incision (cut) on your skin after the level of vertebrae to be operated on has been confirmed. This incision may sometimes be as high as

your hair line and a small area of your hair may be shaved before the procedure. Then a decompression of the nerve roots and spinal cord will be done using special instruments.

After your procedure, your surgeon may choose to insert a suction drain (a thin tube attached to a measuring bottle that helps to remove fluids collected after an operation) before closing the skin with absorbable or non-absorbable sutures (stitches), or with metallic staples. Local anaesthetic may sometimes be applied to the operated area to relieve pain. You will have a pressure dressing on your neck. We may sometimes give you a soft collar to wear once you are awake.

The operation normally takes between three and five hours depending on the number of vertebrae involved and the complexity of your spinal problem. You will need to stay in hospital for three to five days after this procedure.

## **Will I feel any pain?**

You should expect to have some tenderness at the operation site which will last up to 72 hours. You may have more back pain initially but this will settle down with time.

The local anaesthetic should keep you relatively pain-free for a while, but it is best to take things easy for the first 24 hours.

You will also be given painkillers when staying in hospital but please let the doctors and nurses know if you are in pain.

## What happens after the procedure?

Following the operation you will be taken to the recovery department. This is where you are monitored for the initial post-operative period. You will then be transferred to an orthopaedic ward.

You can sit up after the operation but you will need to remain in bed for at least eight hours after the operation.

The morning after the operation, you will be seen by a physiotherapist who will help you walk depending on your pain and confidence. You will only be allowed to move around by yourself when the physiotherapist feels it is safe for you to do so. You will also be shown some simple exercises that you can do when you are at home. If you have any concerns about your walking, numbness or controlling your bladder/bowel, please tell a member of staff.

The pressure dressing and drain (if you have one) will be removed before you go home. You will be given antibiotics and blood-thinning injections after your operation to minimise the risk of infection and blood clots.

You will need to arrange for a responsible adult to collect you from hospital, preferably in a car. Travel on public transport is not recommended.

## What do I need to do after I go home?

It is essential that you continue to take painkillers as advised after your surgery. Your pharmacist and nurse will discuss with you the management of your painkillers before you go home.

The dressing needs to be kept on until your wound is reviewed by your GP's practice nurse seven to 10 days after the procedure. Once this has happened, you can have a bath or shower as normal without the dressing. If you have any concerns about the wound, please contact your GP or the ward staff immediately.

You can generally get back to light work after eight to 12 weeks (check with your employer), and can do heavier work and sports after six months. You are usually safe to drive within six to eight weeks provided that you are able to do an emergency stop (please refer to your insurance provider).

If your pain does not settle within four to six weeks, you can either be reviewed in your scheduled outpatient appointment or you can contact your GP for advice and pain management.

## What should I do if I have a problem?

Please contact your GP if you experience any of the following:

- **excruciating pain unlike your normal symptoms**
- **increasing redness, swelling or oozing around the operation site**
- **fever (temperature higher than 38.5°C)**
- **sudden weakness or numbness which is not resolving**
- **sudden loss of bowel or bladder control**
- **severe, non relenting headache which is not improved with painkillers.**

## Will I have a follow-up appointment?

Yes, six to eight weeks after your surgery. We will send you an appointment letter but if you have not heard from us within four weeks after leaving hospital, please contact us. At this appointment you will have an x-ray of your spine and you will be seen by a physiotherapist or a doctor, depending on your pre-operative symptoms.

### Contact details

If you have any concerns about your operation, please contact the following (Mon – Fri, 9am – 5pm):

- **Mr Lucas' and Mr Ember's** secretary on **020 7188 4468**
- **Mr Lam's, Mr Fakouri's and Mr Liantis'** secretary on **020 7188 4467**

Please contact your GP or attend your local A&E department if you have any urgent medical concerns outside these hours.

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## Contact us

### **Pharmacy Medicines Helpline**

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### **Patient Advice and Liaison Service (PALS)**

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**t:** 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

### **Knowledge & Information Centre (KIC)**

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

**t:** 020 7188 3416

### **Language Support Services**

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

**t:** 020 7188 8815 **fax:** 020 7188 5953

### **NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

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