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Long term outcome of microdiscectomy: Three years follow up

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Objective: Retrospective study of 222 patients to determine the long-term outcome of microdiscectomy on relief of sciatic pain.

Methods: This was a retrospective observational study of 222 patients who underwent of microdiscectomy for sciatic pain during the period 2011 to 2013 in Faculty of Medicine at Cairo University. All patients were physically examined and interviewed. Recurrent procedures, multiple level discs were excluded from analysis. All procedures were done by same surgeon.

Results: Microdiscectomy yielded immediate complete pain relief in 215 patients. In seven patients, it yielded partial pain relief. Follow up to three years postoperatively, 205 patients remained absolutely pain free. Pain recurred in three patients after one year and in six patients during the first three years. Pain recurred in the same leg in eight patients, in the contralateral leg in two patients, and in both legs in one patient. One cases presented with foot drop preoperative showed improvement. New neurological deficits developed postoperatively in one case in the form of foot drop and improved during follow up period

Conclusions: Microdiscectomy provided immediate pain relief in about 96% of cases, and the long-term outcome of microdiscectomy has a very good satisfactory result.

Biography

Mohamed Gaber Abdel Tawab is currently working as a Lecturer in Neurosurgery department at Fayoum University, Egypt. He completed his Resident of Neurosurgery at Cairo University Hospital in Egypt.

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