

Endoscopic Disc Surgery: Destandau's Technique: Our Experience In Dhaka Medical College Hospital

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Purpose

Endoscopic disc surgery by Destandau's technique is a relatively new technique in Bangladesh. It was introduced by Destandau in 1993. It has been gaining popularity, as it is attractive for small skin incision and allows a gentle and excellent visualization. Conventional fenestration and discectomy has a lot of limitations regarding corridor and visualization. The purpose of this study is to evaluate the outcome and benefit of endoscopic disc surgery by destandau's technique.

Material and method

We have taken patients with PLID as sample who underwent disc surgery by destandau's technique in Dhaka Medical College Hospital.

Result

We are relatively new in this technique. We performed 35 endoscopic PLID surgery using destandau's technique. We ended with conversion to open surgery in one case; in follow-up needed redo microsurgery. Our surgical result and patient compliance is very good; average hospital stay is two days. In our presentation we will discuss technical detail of Destndau's endoscopic disc surgery.

Conclusion

Microscopic disc surgery is also very good option. It gives better visualisation but post operative surgical site pain because of retraction induced muscle fibre injury is a problem. In endoscopic spine surgery vision is wide, visualisation of nerve root and dura even controlateral nerve root is perfect with minimal muscle injury. So postoperative surgical outcome is good. Endoscopic disc surgery by destandau's technique is a good option for disc surgery.