

## Neurosurgery – Primary anterior decompression of cervical spinal cord and fusion of joint of cervical spine (ACDF)

### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

**Anterior cervical discectomy and fusion (ACDF)** is a type of spine surgery used for the treatment of neck or arm pain caused by cervical radiculopathy. This surgery involves the removal of a protruding disc from the spine for relief of pressure on the spinal nerves, followed by reconstruction.

Please read the following information in conjunction with the staying healthy guidance appropriate for your condition.

### Guidance for Patients

#### Preparing for the procedure

Please let us know if you are taking anticoagulant medications (blood thinners) such as Aspirin, Clopidogrel (Plavix), Warfarin, dipyridamole, rivoroxaban or any others. You may need to stop these before the procedure.

If you are taking Warfarin we will need to do a blood test before you have the procedure. Please be aware that this may cause a slight delay to your treatment. You can continue to take all other medications as prescribed. You may eat and drink as normal.

**You will need to arrange transport to attend for your surgery as you must not drive yourself or travel on public transport after the surgery has been performed for several weeks.**

We would like you to know about the procedure as much as possible so you can make an informed decision about going ahead with the injection. Can we therefore ask you to read the British Association of Spine Surgeons leaflet on the procedure which can be found at:

[https://spinesurgeons.ac.uk/resources/Documents/Booklets/\(FINAL\)%2004785-21%20Cervical%20Disc%20Protrusion%20and%20Radiculopathy%20Surgical%20Options.pdf](https://spinesurgeons.ac.uk/resources/Documents/Booklets/(FINAL)%2004785-21%20Cervical%20Disc%20Protrusion%20and%20Radiculopathy%20Surgical%20Options.pdf)

#### On the Day

When you arrive, a nurse will ask you some questions and check your blood pressure and give you a gown to put on. The clinician performing the operation will explain the procedure and ask you to sign a consent form. Please make sure that you understand the procedure and ask any questions. **It is important that you highlight any allergies you may have to the Nurse and clinician.**

# My Planned Care Patient Information Platform

## The procedure

Cervical discectomy (removal of disc) and fusion can be performed when there is arthritis in the neck and/or a disc protrusion causing nerve root compression. Using the ACDF technique, the cervical disc is completely removed using a small incision in the front of the neck and the bone is fused to the next segment. This removes the pressure off the nerve root and therefore relieve the pain.

## After the procedure

The minimally invasive approach enables you to be able to be up and about within a few hours of surgery. It is very important to move after surgery and you will be advised by the physiotherapy team on how to build up your walking and stamina each day. Your neck is likely to feel sore for a few weeks and so you will be advised on suitable pain killers to take.

## Follow up

Approximately 6 weeks after the procedure, we will offer you a follow up appointment in the outpatient department. If you continue to struggle with the pain despite the surgery or have any concerns please contact our secretaries on – 02476964000 and ask for the neurosurgical secretaries to discuss an earlier clinic appointment.

## Further information

More information with regards your condition, treatment options and support groups, can be found at:

<https://www.britishpainsociety.org/people-with-pain/>

[www.painconcern.org.uk](http://www.painconcern.org.uk)

Or for more information about our hospitals and services please see our website [www.uhcw.nhs.uk](http://www.uhcw.nhs.uk)

## What should I do if my health is deteriorating?

If your pain is deteriorating we recommend you request a G.P. review. Features requiring more prompt review in A&E would be worsening power or sensation in the arms. If you are unsure as to what to do, please contact us.

## Contact Us

If you have any questions or concerns please contact us on: Tel: 02476964000 Monday – Friday (office hours). If you have any problems or significant concerns outside these times, or are experiencing severe side effects, please contact your GP or attend your local emergency department.

If you would like to contact us by post the address is:-

Neurosurgical Secretaries

UHCW

Clifford Bridge Road

Coventry

CV2 2DX