

## Slipped disc removal (endoscopic)

Your back is made up of 24 hollow bones held together by fibrous plates called discs. These discs can become worn or injured from a variety of factors, such as aging, poor posture or other health issues, causing the spongy centre of the disc to push out of its normal space - commonly known as a herniated slipped disc.

A slipped disc can put pressure on the nerves in your spine, which may cause pain running up over your hip and down your leg (sciatica) or sometimes pins and needles or numbness in your leg and pain in your lower back.

## Minimally invasive slipped disc treatment for a speedy recovery

If you are experiencing these symptoms, the first step is to have an initial consultation with one of our specialists. Your Consultant may send you for an MRI scan and then recommend an endoscopic slipped disc surgery.

A minimally invasive technique, we want to ensure a speedy and efficient recovery, helping you get back to doing the things you love most.

## Prices & payment

We offer a guide price of:

Slipped Disc Removal  
£6,961

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

## Personal medical loans

## Payment to suit you with 0% and fixed rate interest options.

Following an appointment with your Consultant, you can apply for a loan to cover the cost of your treatment. With interest free finance at Representative 0% APR (fixed) along with longer term fixed rate loans, there is an option for everyone.

## Consultants



Mr Michael Hess

## Slipped Disc Removal FAQs

### What does surgery involve?

Using an endoscope makes a slipped disc removal one of the most minimally invasive procedures and does not require the need for your Consultant to open your spinal canal.

Your Consultant will make a tiny skin incision and use a dilator to open a path in the muscles, without cutting them, to identify and remove the extruded piece of the disc. The small incision will be closed usually using two dissolvable stitches and the wound covered with a dressing.

Endoscopic discectomy is often performed under local anaesthetic and sedation and takes approximately 30-45 minutes.

### How long will I stay in hospital?

You may need to stay in hospital overnight following your procedure. Your Consultant will be able to advise on this during your consultation.

### How long is the recovery time?

Before you are discharged from the hospital, you will be visited by a Physiotherapist and work with them on some exercises to support the way you move about for the first few weeks.

You should avoid heavy lifting, bending, twisting or sitting for long periods of time in the first few weeks of your recovery. Your Consultant will be able to discuss your recovery with you



following your procedure.