

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, which can lead to 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.

Endoscopic slipped disc treatment for a fast recovery

If you are experiencing these symptoms, the first step is to have an initial consultation with a specialist. Your Consultant may send you for an MRI scan and then recommend an endoscopic slipped disc surgery. Using an endoscope is a minimally invasive technique to help you get back to doing the things you love most.

You can choose to have your initial appointment at either KIMS Hospital or Sevenoaks Medical Centre.

Prices & payment

We offer a guide price from:

Slipped Disc Removal
from £5,900

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants

Mr Michael Hess



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Endoscopic 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 to 45 minutes.

Where will my surgery take place?

Regardless of where you had your initial consultation or scans and tests, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

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.