

Slipped disc removal

The discs in your spine 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, 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 a discectomy.

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:

Discectomy
£6,000

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



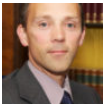
Mr Tony Elias



Mr Steven Lau



Mr Imran Rafiq



Mr Richard Selway



Mr Neil Slater



Mr Christos Tolia



Mr Bassel Zebian

Slipped disc removal FAQs

What does discectomy surgery involve?

Your Consultant will make an incision on the centre of your back between the vertebrae and, using an operating microscope, make a hole in the ligament between the vertebrae to show the nerve and the disc. The nerve will be held out of the way so that the herniated section of the disc can be removed. Your Consultant will then close the incision using dissolvable stitches and cover your wound with a dressing.

A discectomy is often performed under local anaesthetic and sedation and takes around 45 minutes to one hour.

How long will I stay in hospital?

You will usually 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.