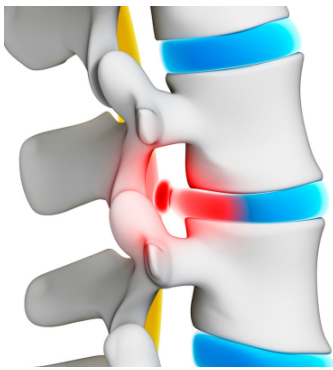


# Slipped disc removal

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 a specialist. You can choose to have this appointment at KIMS Hospital or Sevenoaks Medical Centre. Your Consultant may send you for an MRI scan and then recommend a discectomy.

A lumbar discectomy is a minimally invasive technique that typically results in a speedy and efficient recovery, helping you get back to doing the things you love most.

<? if (!empty(\$strips\_title)): ?>

### Prices & payment

<? endif ?> <? if (!empty(\$strips\_content)): echo \$strips\_content; endif; ?>

Discectomy  
from £7,800

The above are guide prices only.

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

## Consultants



Mr Gordan Grahovac

Available at  
Sevenoaks Medical Centre

[View profile](#)



Mr Steven Lau

Available at  
KIMS Hospital

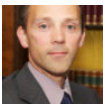
[View profile](#)



Mr Imran Rafiq

KIMS Hospital+2 locations

[View profile](#)



Mr Richard Selway

KIMS Hospital+1 location

[View profile](#)



Mr Christos Tolia

Available at

KIMS Hospital

[View profile](#)

## Slipped disc removal FAQs

### What does lumbar 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.

### 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 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.

### What is the cost of private slipped disc removal at KIMS Hospital?

A private slipped disc removal at KIMS Hospital starts from £7,800. You can use private medical insurance or pay for yourself. Flexible payment plans are available to spread the cost.