



Dr Shanu Gambhir

Neurosurgeon & Spine Surgeon

MBChB, MS, FRACS
Provider Number 297896JH

ENDOSCOPIC CERVICAL FORAMINOTOMY

PATIENT BROCHURE



Indication for Surgery

Endoscopic cervical foraminotomy is a minimally invasive procedure used to treat nerve root compression in the neck caused by bone or ligament overgrowth. It involves small incisions (less than 1 cm) and high-definition endoscopic tools to relieve pressure on the nerve. It is typically recommended when conservative treatments have failed and symptoms such as pain, weakness, or numbness are worsening.

Surgical Procedure

Performed under general anaesthetic, the procedure uses an 8 mm skin incision. With X-ray guidance, a small amount of bone and ligament is removed using an endoscope to decompress the affected nerve root and relieve symptoms.

I use voice recognition dictation which may account for occasional spelling / grammar errors.



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Risks

Although safe and commonly performed, risks may include:

- Infection, bleeding, CSF leak, nerve injury, recurrence of symptoms
- General surgical risks: DVT, UTI, chest infection, PE, heart attack, stroke

Discharge and Home Care

Most patients go home the same day or the next day after surgery. You'll be discharged once you are eating, drinking, and using the bathroom normally.

Avoid heavy lifting, bending, twisting, or prolonged sitting or standing. No swimming for 3 weeks. No heavy lifting for 6 weeks. Avoid driving while taking narcotic medication. Resume with short trips and increase gradually. You may need 1–6 weeks off work depending on your job type.

Wound Care

The wound is closed with dissolvable stitches and reinforced with sticky paper strips. Keep it covered for 1 week, changing the dressing daily after showering. After one week, remove the dressing. Paper strips will fall off naturally in 1–2 weeks. Healing usually occurs within 2 weeks but may take longer in patients with diabetes, on steroids, or with a weakened immune system. See your GP if you notice redness, swelling, tenderness, or discharge.

Follow-Up

Dr. Shanu Gambhir will review your progress about six weeks after surgery.



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