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P168 - Minimally invasive thoracic microendoscopic discectomy in multiple-level symptomatic herniated thoracic discs

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Resumen

Introduction: Symptomatic multiple thoracic disc herniations are a smaller percentage of symptomatic herniated discs. More than 75% seem to be below T-8. Thoracic disc herniations have been treated with various surgical approaches, endoscopic microdiscectomy have been described like a good and effective treatment with great results. But after a thorough review, there are only a few publications that includes multiple herniations, so the use of this treatment could be controversial.

Case report: Patient with two thoracic paracentral disc herniations, D5-D6 and D6-D7, myelopathy signal in MRI and clinic of hypoesthesia below D6, sphincter dysfunction and lower extremities hyperreflexia. After a review of the literature we decided to treat with a postero lateral approach and endoscopic microdiscectomy. The rostral aspect of the inferior transverse process and the 1/3 lateral facet was removed. This revealed the pedicle of the caudal vertebral body, which could be followed ventrally to the level of the disc space. The patient improved, hypoesthesia disappears and partially recovered sphincter dysfunction. In MRI the discectomy of both disc herniations was completed.

Discussion: Under our opinion thoracic endoscopic microdiscectomy is a safe effective treatment for surgical removal of multiple herniated thoracic intervertebral discs.