

Post-operative Lumbar Diskitis: How To Manage

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Introduction:

Post-operative lumbar diskitis is the most dreaded sequelae of a well done low back surgery. It needs to be suspected and ruled out both clinically and with laboratory support whenever in doubt. Early proactive management can improve health related quality of life patients.

Materials & Methods:

An in-depth review of aetiology, pathophysiology and management of cases at one single centre has brought to light the complexity of this post-operative dilemma. Both patient and surgeon factors have been enlisted and management discussed.

Results:

Non- responders to medical management, both in the early and late post-operative phase need surgical debrima, with or without instrumented stabilization or reconstruction measures. The planning and execution vary based on the presentation and virility of the organism, besides the immune status of the patient.

Conclusion:

Prompt response medically and surgically to this unforeseen complication can achieve health related quality of life close to, though not always equal to a patient unaffected by post-operative lumbar diskitis.