

A Groundbreaking Achievement in Spine Surgery at Hazm Mebaireek General Hospital

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In a remarkable milestone, the orthopedic and spine surgery section at Hazm Mebaireek General Hospital (HMGH) has successfully performed HMC's first-ever **Endoscopic Lumbar Discectomy under local anesthesia with sedation**—a pioneering achievement that showcases the hospital's commitment to cutting-edge medical care.

The procedure was led by **Dr. Malik Shakeel Ahmed and Dr. Mohammed Mansha**, esteemed Orthopedic Spine Consultants, along with their team including Dr Ahmed Mostafa Ismail, Senior consultant Anesthesiology and nursing at HMGH. The team performed the surgery on a **42-year-old patient** who had been enduring persistent low back pain and right-sided leg pain for over a year. Notably, the patient had previously undergone spine surgery at the same level in his home country, making this case even more significant.

Endoscopic Lumbar Discectomy is a minimally invasive surgical procedure in which surgeons use specialized instruments to remove a portion of a damaged and herniated disc in the spine. This is done through small skin incisions while carefully preserving the spinal muscles and soft tissues.

The minimally invasive procedure was a complete success, and the patient felt immediate relief from his pain. He was able to go home the same day, a testament to the effectiveness of the technique and the expertise of the surgical team.

Dr. Mohammed Mansha shared, *“As part of our commitment to elevate the standard of spinal care, we're advancing endoscopic spine surgery to reduce surgical trauma and optimize anesthesia approaches for improving overall surgical outcomes”*.

Local anesthesia offers precise analgesia with rapid onset and minimal systemic effects, preserving patient consciousness and avoiding the prolonged recovery associated with general anesthesia. Its selective action enables a faster return to baseline function and mobility.

Dr. Malik Shakeel Ahmed explained, "We have extensive experience performing endoscopic spine surgeries under general anesthesia. Now, in collaboration with our Anesthesia Department, we've taken an important step forward by successfully completing the procedure under local anesthesia, allowing patients to recover faster and go home the same day."

Research has reinforced the efficacy and safety of endoscopic discectomy under local anesthesia, validating its potential as an **advanced and minimally invasive approach** to spinal care.

Dr. Abdelrehim El Tayeh, Head of Orthopedic Service at HMGH, expressed immense pride in this achievement, stating, "This surgery marks a major step forward in treating spinal conditions, delivering exceptional surgical outcomes while allowing patients to recover more comfortably."

This achievement would not be possible without the guidance and support of Prof. **Dr. Morshed Salah**, the Chief of Surgery at HMGH.

Dr. Ahmad Al Mohammad, Medical Director of HMGH, echoed this sentiment: "This accomplishment reflects our unwavering pursuit of excellence and our commitment to adopting innovative techniques that prioritize patient well-being. It's a proud moment for our hospital."

Adding her perspective, **Dr. Aisha Al Ghafri**, Executive Director at HMGH stated:

"This remarkable achievement by the team at Hazm Mebaireek General Hospital is a shining example of our strategic vision in action—delivering world-class care through innovation, expertise, and compassion. The ability to perform complex spine surgery with such minimally invasive techniques, allowing same-day discharge, represents the future of patient-centered healthcare."

A sincere and appreciative acknowledgment is extended to **Dr. Mohammad Al Ateeq Al Doseri**, Head of Orthopedic Surgery and Director of the Bone and Joint Center at HMC, whose guidance and unwavering support have been instrumental in advancing innovative solutions and achieving successful outcomes in orthopedic care.

This achievement underscores HMC's **reputation as a leader in medical excellence**, paving the way for more **patient-centered, minimally invasive treatments**, and integrating state-of-the-art technology with top-tier expertise.