

## **When Should I Have Surgery For My Cervical Herniated Disc**

You may be wondering if you are a candidate for surgery. The first thing I would tell you is to wait. Most people get better on their own, so do not rush into the idea of surgery. As a surgeon, we never want to operate on anybody who is going to get better on their own, so we usually wait a period of six weeks. If you have continued pain beyond six weeks, then you may be a candidate for surgery. Of course, if your pain is extreme and you cannot tolerate another minute, even though you have not waited the six weeks, we definitely would consider surgery in your case. For most patients, the indication for surgery is unremitting pain that goes on week after week after week. Associated with that may be some numbness or tingling and even slight bit of weakness, but if you have progressive weakness or progressive numbness, you are absolutely a candidate for surgery and need to speak to a surgeon to see whether surgery is right for you. Other emergencies such as loss of bowel or bladder control or stumbling gait, problems walking, you need to be seen in an emergency room right away because you may need surgery emergently, but typically, patients have pain for periods of weeks and then see the surgeon at that time to talk about surgery.

SLN/gisl/rad/nat/051014/SLN20071-1

### **New York City, NY Office**

315 W. 57th St. Suite 304  
New York, NY 10019  
Tel: (914) 948-5067  
Fax: (914) 948-5602

*\*\*Manhattan Practice Limited to Cervical Herniated Disc Surgery.*

### **White Plains, NY Office**

244 Westchester Avenue, Suite 310  
White Plains, NY 10604  
Tel: (914) 948-5067  
Fax: (914) 948-5602