

Anterior Cervical Discectomy and Fusion Patient Information Sheet

A. Name of Proposed Procedure

Anterior Cervical Discectomy [ACDF]

B. Risks of Proposed Procedure (including, but not limited to)

- Post-operative neck pain [Fairly common, but generally settles within 3-4 weeks]
- Post-operative swallowing difficulties [Fairly common for the first few days after surgery]
- Infection [1%]
- Blood clot requiring reoperation to remove [1-2%]
- Damage to spinal cord, leading to short term or permanent neurological deficit such as paralysis [<1%]
- Hoarse Voice [If C5/6 or C6/7 disc], which very rarely can be permanent
- Recurrence

C. Intended Benefits of Proposed Procedure

Symptom improvement and prevention of symptom worsening

D. Alternatives to Proposed Procedure

To watch and wait: the natural history of DCM is not fully known, but disease progression can lead to paralysis and incontinence

E. Additional Procedures That Will Be Required

General Anaesthetic

F. Additional Procedures That May Become Necessary During The Proposed Procedure

Blood Transfusion