

Full-endoscopic foraminoplasty and lumbar discectomy

Full-endoscopic foraminoplasty and lumbar discectomy and Unilateral [biportal Percutaneous Endoscopic Lumbar Discectomy](#) yield comparable results to conventional MD concerning pain relief and functional outcomes. In addition, Full-endoscopic foraminoplasty and lumbar discectomy and Unilateral [biportal Percutaneous Endoscopic Lumbar Discectomy](#) enable less back pain in the immediate postoperative period. Full-endoscopic foraminoplasty and lumbar discectomy offers advantages in rapid recovery. Conventional [lumbar microdiscectomy](#) is still an efficient and cost-effective [surgical procedure](#) ¹⁾.

¹⁾

Chang H, Xu J, Yang D, Sun J, Gao X, Ding W. Comparison of full-endoscopic foraminoplasty and lumbar discectomy (FEFLD), unilateral biportal endoscopic (UBE) discectomy, and microdiscectomy (MD) for symptomatic lumbar disc herniation. Eur Spine J. 2022 Dec 26. doi: 10.1007/s00586-022-07510-6. Epub ahead of print. PMID: 36571643.

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