



# YOUR COMPLETE GUIDE TO FAILED BACK SURGERY

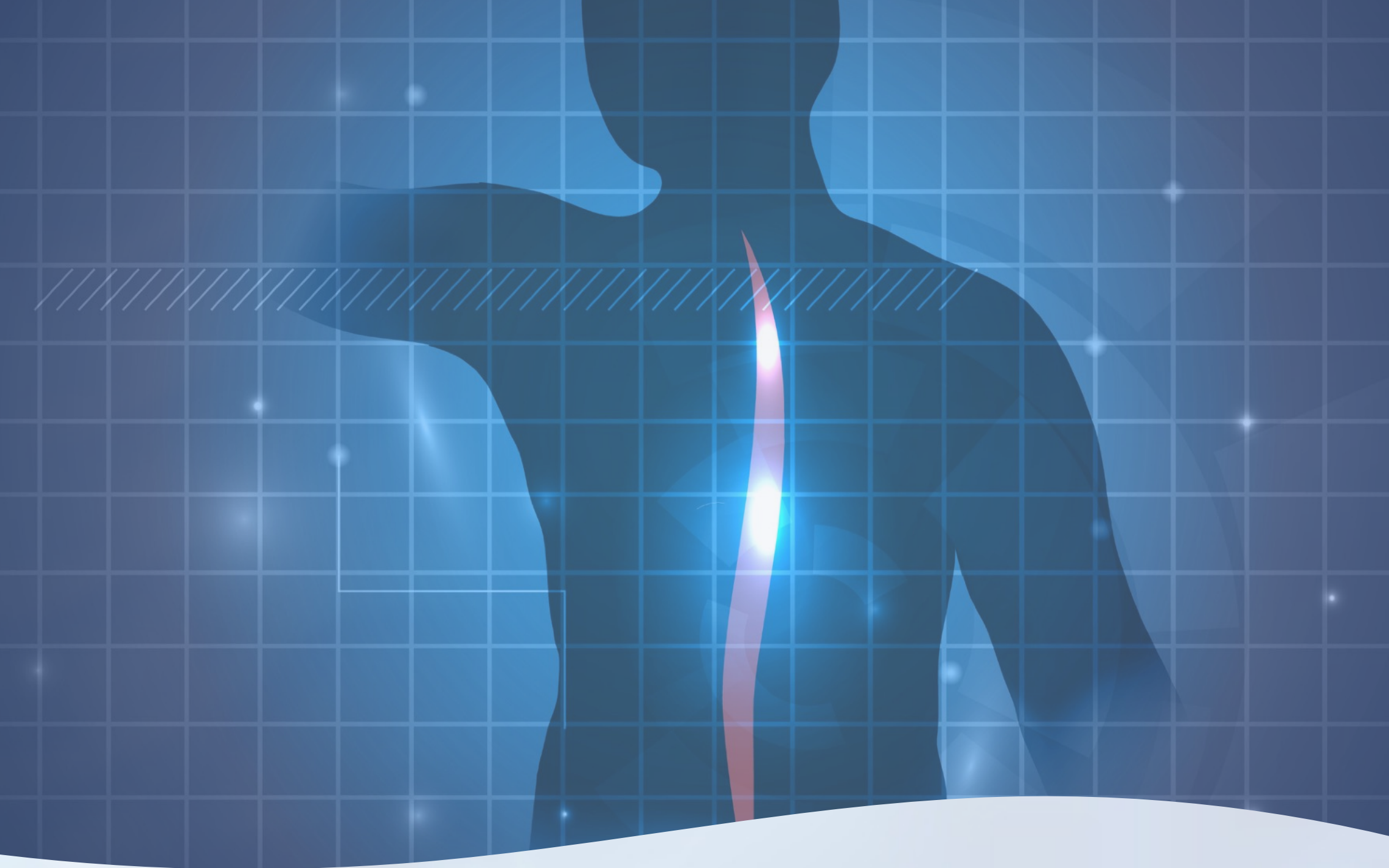
RECLAIM YOUR WELLBEING -  
RECLAIM YOUR LIFE!



**EZRIEL E. KORNEL, MD**  
*Top Spine Surgeon NYC*

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)



# TURN BACK THE CLOCK ON YOUR SPINE

Failed back surgery syndrome is a descriptive name for the pain that some patients experience after they have undergone spinal surgery such as a laminectomy. FBSS is classified as a chronic pain condition meaning that it can lead to lifelong pain. When a patient has just undergone surgery with the goal of eliminating an aching back, hearing that this new pain is not likely to go away without intervention can be a horrible feeling. Luckily, if surgery is performed by a skilled professional and proper protocols are followed after surgery, avoiding FBSS is easier than ever before.

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)



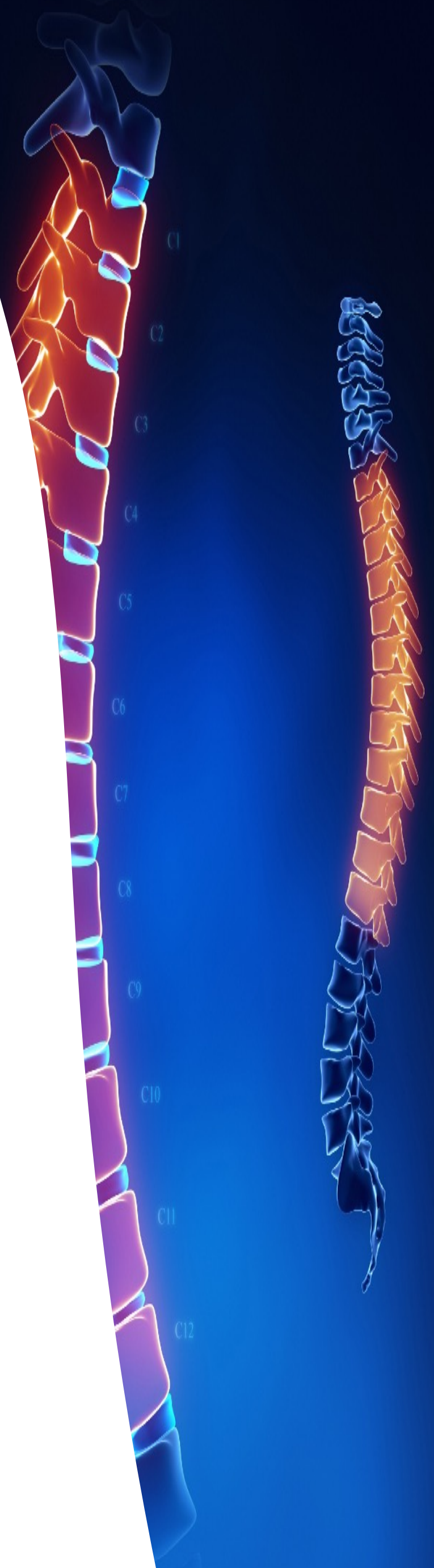
# TURN BACK THE CLOCK ON YOUR SPINE

FBSS is certainly a concern. However, there are both ways to avoid it and solutions for living better if you are already suffering from back pain. Dr. Ezriel Kornel is a neurosurgeon who has devoted his life's work to helping patients with spine injuries—including FBSS. He can help with even the most severe cases, and he is also dedicated to getting information out there to reduce the occurrence of future cases too.

We've put together this guide to give you a bit more information about Failed Back Surgery Syndrome—just to make you aware of the condition and to give you the best possible chance of avoiding any lingering pain after your surgery.

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)





# SO, WHAT IS FBSS ANYWAY?

Failed Back Surgery Syndrome is actually a misnomer and is not a syndrome at all. FBSS actually includes a broad spectrum of pain conditions. The one thing they have in common is that they all begin after some type of spinal surgery. There are many reasons for FBSS; it could be that the surgery did not treat the actual cause of the pain, the surgery itself could have worsened the condition or mechanical changes to the spine could have caused new pain to occur. Additionally, if proper recovery measures are not taken, the patient can make pain worse over time too.



914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)





## SO, WHAT IS FBSS ANYWAY?

Because post-surgical pain is not the same, it must be accurately diagnosed and treated by a specialist. Dr. Kornel, a recognized spinal surgeon, has worked with many cases of FBSS and he understands what you are going through. For many patients, a consultation leaves them feeling relaxed and more confident about future prospects. Dr. Kornel and his team will help you understand your condition and find the solution that is right for you.

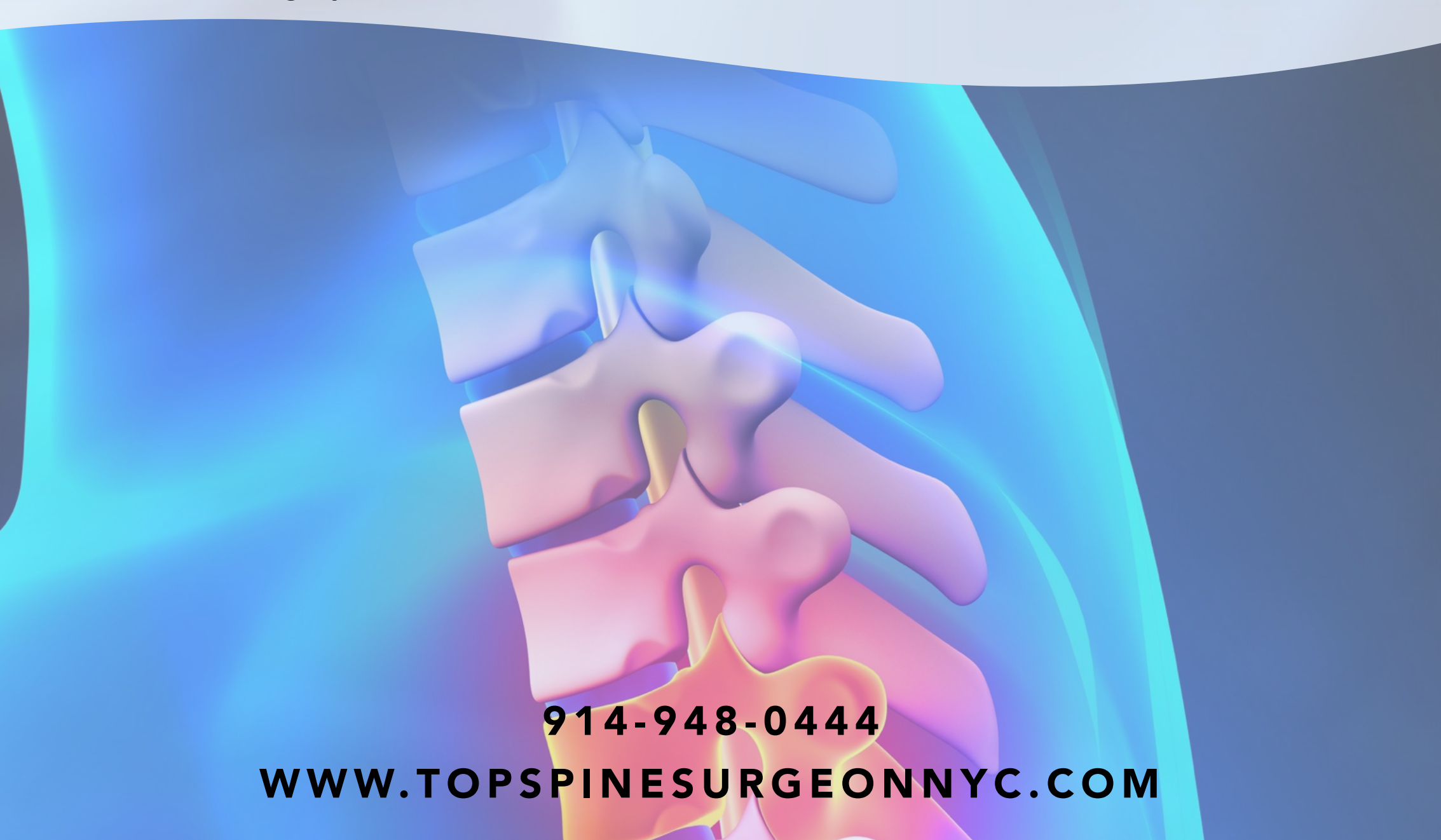
914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)

# UNDERSTANDING THE SYMPTOMS AND OBTAINING A DIAGNOSIS OF FBSS

The key to getting proper diagnosis and treatment of FBSS is recognizing the symptoms and warning signs. While any back pain after surgery is something that bears investigation, the following symptoms are ones that should be immediately reported to your doctor:

- ✓ **Chronic pain** – Any pain that doesn't go away after a short while or with over the counter medication.
- ✓ **New spine conditions** – Any noticed differences in the spine, at the site of the surgery or elsewhere.
- ✓ **Pain in other areas of the spine** – If pain is occurring in areas of the spine that were not the area initially treated, this could be a sign your doctor needs to investigate.
- ✓ **Limited mobility** – Decrease in mobility or the inability to work or do the things you love is not normal.

A stylized illustration of a human spine, showing the vertebrae and intervertebral discs. The spine is highlighted with a bright blue glow, particularly around the lower back area, set against a dark blue background.

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)





## UNDERSTANDING THE SYMPTOMS AND OBTAINING A DIAGNOSIS OF FBSS

- ✓ **Problems with recuperation** – While any surgery will take time for you to recover, there should be an upward swing in your recuperation.
- ✓ **Aching pain in the neck, back or legs** – Pain may not be in just the back, if there are ongoing aches in legs, neck or (of course) the back, it could be a sign of FBSS.
- ✓ **Unexplained pain in the extremities** – The arms and legs can often be a spot of deferred pain—something that should be checked out.
- ✓ **Spinal joint immobility** – If you find you cannot move and flex your spine as you once did, there may be an issue with your surgical site.

914-948-0444

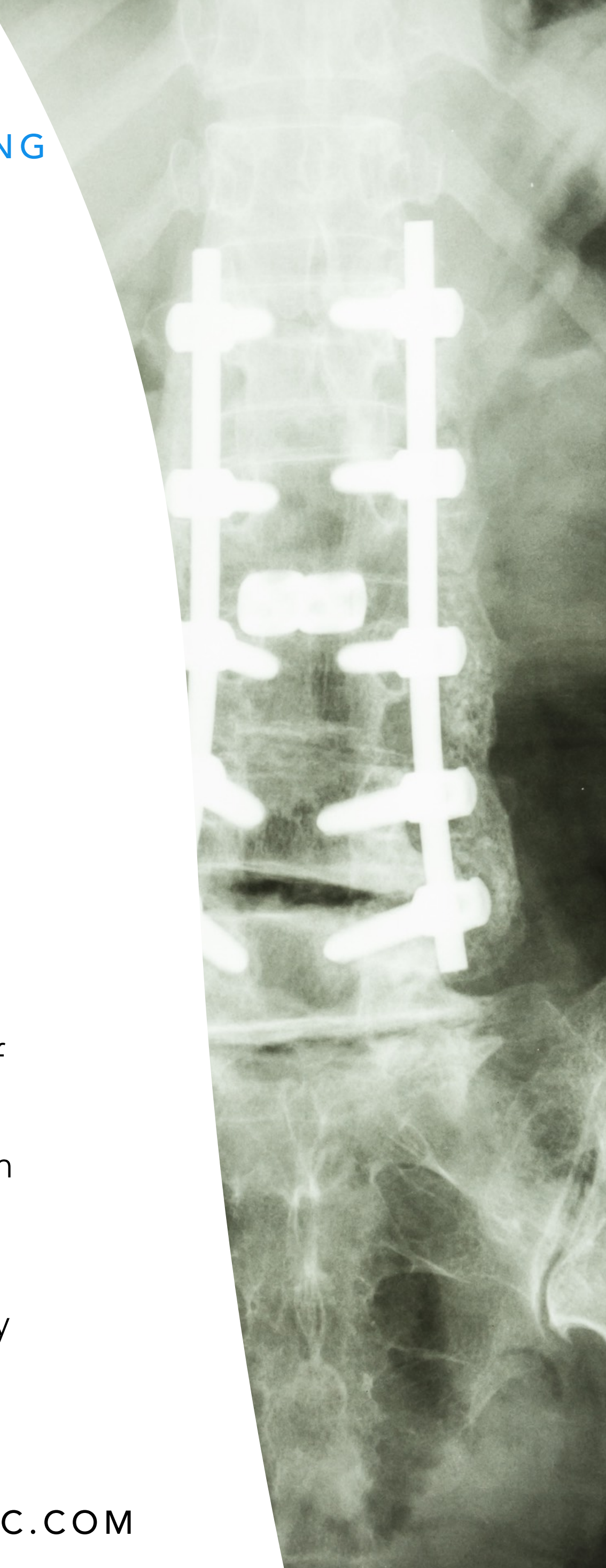
[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)

## UNDERSTANDING THE SYMPTOMS AND OBTAINING A DIAGNOSIS OF FBSS

- ✓ **Spasms** – Back spasms are not normal. Having these checked out can put your mind at ease and relieve the pain.
- ✓ **Anxiety or depression** – Feeling down due to back pain or stress is not something you should have to deal with alone. Your doctor will work with you to make sure you have the treatment you need.
- ✓ **Dependence on prescription painkillers** – While some use of pain relief after surgery is expected, there should be no long-term reliance on these drugs—if you find you require them to get through the day, you may need further treatment.

914-948-0444

WWW.TOPSPINESURGEONNYC.COM





# YOUR FBSS DIAGNOSIS

Diagnosis is made by your doctor based on symptoms and him or her ruling out any other conditions. In most cases, FBSS is given as a diagnosis when there is no other reason for the pain, the pain is chronic, and you have had spinal surgery in the past.



914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)





## FBSS TREATMENTS – RELIEF IS POSSIBLE

The key to treating FBSS is getting to the root of the pain. As mentioned earlier, there are many reasons why FBSS occurs in the first place. Each type of pain requires a different kind of treatment. The doctor will work with the patient to determine the cause of the pain so that a treatment plan can be created to reduce the patient's pain levels with the least possible amount of stress.

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)



# FBSS TREATMENTS – RELIEF IS POSSIBLE

In some patients, pain management through over-the-counter medications, massage, and physical therapy is all that is necessary to work through the short-term pain. However, for more severe and long-reaching pain, follow-up surgical procedures may be required.



914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)



## FBSS TREATMENTS – RELIEF IS POSSIBLE

Total disc replacement is one such solution that can help reduce life-long pain for patients who suffer from FBSS. While this is a major surgery and not one that should be taken lightly, it is often the best possible way to get rid of pain for the long term. Patients who undergo this surgery often receive a new lease on life—since they are then able to pursue the hobbies they love, continue working to support their family and live life to the fullest. You only have one life to live, so it's important to do everything in your power to enjoy it.

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)



# FBSS TREATMENTS – RELIEF IS POSSIBLE

In addition to standard surgery, laser surgery is growing in popularity and can sometimes be an alternative to more invasive techniques. While it is not appropriate in every case, a knowledgeable doctor, such as Dr. Kornel, will work with you to find the solution that will have you back up and active as quickly as possible.



914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)

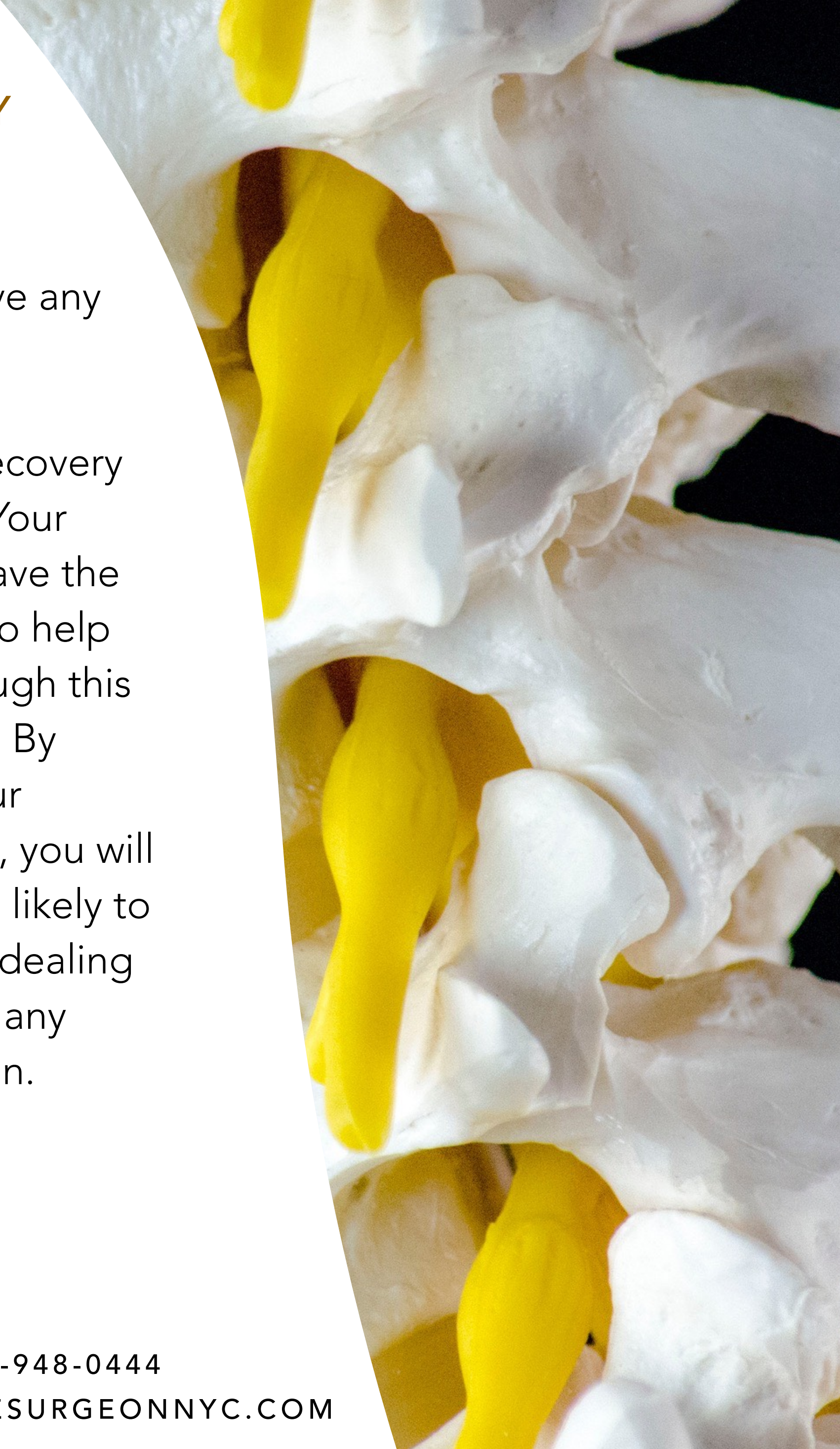


# RECOVERY AFTER SURGERY

After you have any back surgery, following a prescribed recovery plan is vital. Your doctor will have the best advice to help you get through this difficult time. By following your doctor's plan, you will be much less likely to find yourself dealing with FBSS or any follow-up pain.

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)







# RECOVERY AFTER SURGERY

As mentioned, the recovery plan after spinal surgery will differ from case to case, but some common recommendations include:

- ✓ **Controlling pain** – Applying ice, avoiding certain movements and taking only prescribed or recommended medications will help you get through the initial pain—and allow you to notice any unexpected or unexplained pain.
- ✓ **Heat Therapy** – Warmth, such as through a heating pad or warm compress can reduce pain and help ease sore muscles after your surgery. Speak with your doctor to find out if this is appropriate in your particular case.

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)





## RECOVERY AFTER SURGERY

- ✓ **Training or therapy** – Your doctor will likely recommend some form of follow-up physical therapy or training with an expert in the weeks and months following your surgery. Training is of particular importance if you are involved in sports or exercise. You may need to relearn how to move in a safe way to protect your back from further injury.
- ✓ **Emotional Support** – Surgery is a major change in your life. This is especially true with “follow-up” spinal surgery. Make sure your family and friends are there to support you and don’t hesitate to seek professional counseling if it becomes necessary.
- ✓ **Exercise** – Whether or not you already exercised before treatment, your doctor will likely want you to begin a moderate physical fitness regime. Depending on your particular injury, your doctor may recommend activities such as swimming, walking or even light weightlifting.

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)



# RECOVERY AFTER SURGERY

- ✓ **Diet** – Do not underestimate the importance of a good diet. Eating plenty of vegetables, protein and “good” fats will give your body the energy it needs to heal. Ask your doctor if a vitamin supplement would be a good idea, especially if you find it hard to eat a balanced diet every day.
- ✓ **Regular follow-up care** – It is important that you visit your surgeon, and your general practitioner, regularly in the weeks and months after surgery. By keeping your appointments you can successfully discuss any concerns with your doctor so that he or she can address potential issues sooner rather than later.

914-948-0444

WWW.TOPSPINESURGEONNYC.COM







## SOME COMMON BACK SURGERY RISK FACTORS

Since FBSS is a general term referring to many types of chronic pain or adverse reactions to or after surgery, it is not always possible to avoid occurrence. However, certain risk factors make individuals more prone to FBSS. Understanding these risk factors can make it easier to watch out for the syndrome and to help put preventative measures in place, when possible. Some of the better-known risk factors of FBSS include:

- ✓ **Rejection of hardware** – Back surgery that involves the installation of hardware (such as plates or screws) can lead to FBSS when the body rejects the hardware as an intrusion.
- ✓ **Scar tissue formation** – If the body creates an abundance of scar tissue, this can make it more likely that FBSS will occur.

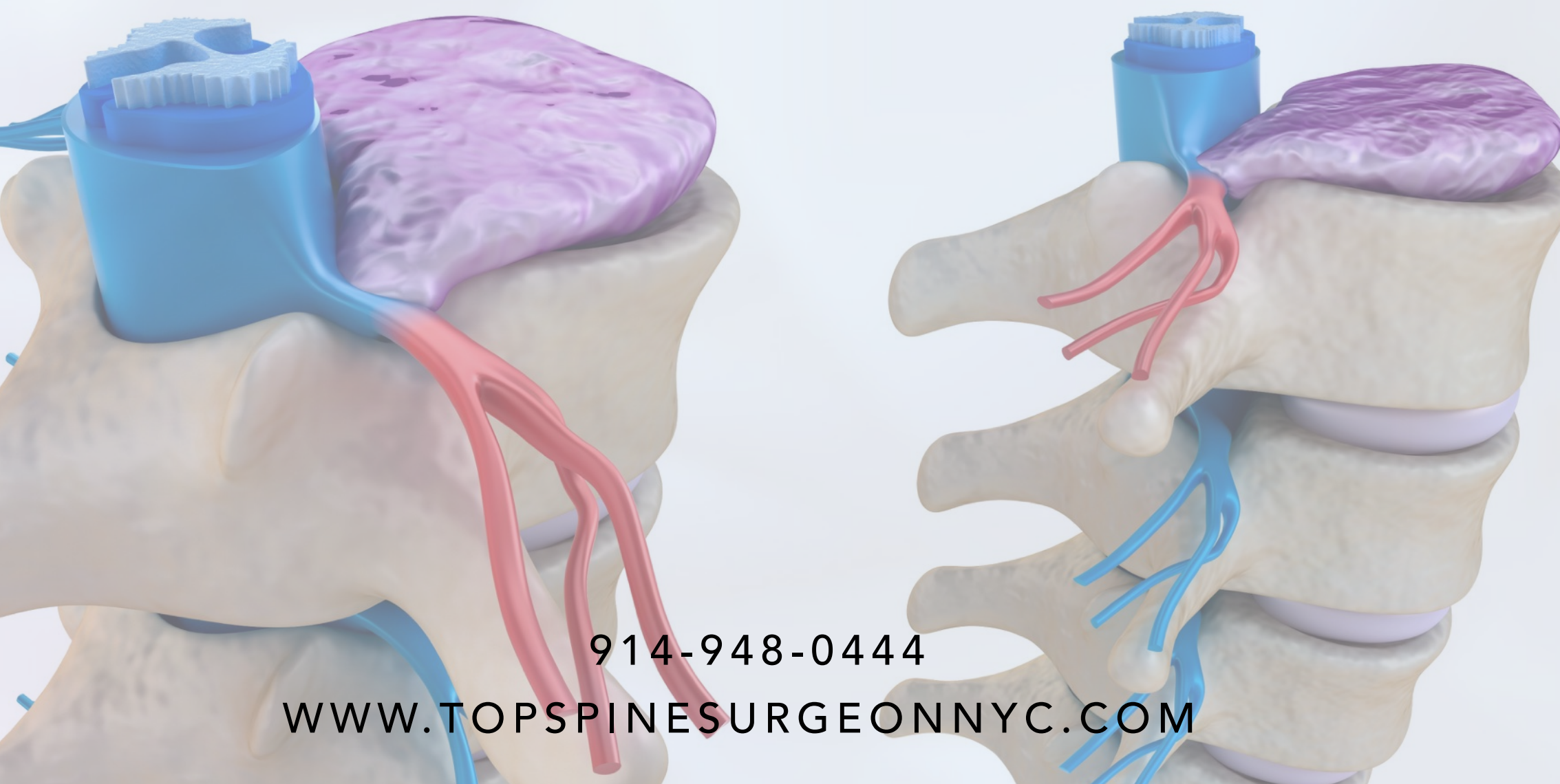
914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)



# SOME COMMON BACK SURGERY RISK FACTORS

- ✓ **Disc or bone fragments irritating nerves or other tissue** – When these fragments are left behind, they can lead to long-lasting irritation.
- ✓ **Nerve damage** – Damaged nerves will often cause pain for the patient, even after a major surgery.
- ✓ **Improperly diagnosis or treatment** – If the initial diagnosis or treatment was incorrect, the surgery might not have accomplished anything or helped with the back pain.
- ✓ **Spinal fusion failure** – With spinal fusion surgery, there is always the chance of failure, when the spine does not fuse properly—one of the first signs will be an unexplained pain.



914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)



# AVOIDING FBSS – IT'S UP TO YOU

Due to the primary causes of failed back surgery syndrome, it is impossible to prevent all causes of this painful condition. However, there are two simple things that any potential back surgery patient can do to help reduce the chance of occurrence.



914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)





## AVOIDING FBSS – IT'S UP TO YOU

First, the patient should choose a doctor that is highly skilled in spine surgery. This type of surgery requires accurate knowledge and expertise, so working with a physician that has experience is highly recommended.

Secondly, the patient should follow all physician instructions for post operation. These simple instructions are designed to help prevent pain and more severe injuries in the future.

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)





## AVOIDING FBSS – IT'S UP TO YOU

Whether you are considering spinal surgery in the future, or you or someone you care about have undergone surgery already and suspect FBSS, there is one doctor in the New York City area that you should call- Dr. Ezriel Kornel.

Dr. Kornel's level of care and attention to detail is second to none and he has been proudly serving patients since 1984. Dr. Kornel became board certified in 1987.

Dr. Kornel also holds the distinction of being one of the first neurosurgeons in the entire New York metropolitan area to successfully replace damaged cervical discs with artificial discs, which at that time was one of the most state-of-the-art techniques on the market.

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)



## AVOIDING FBSS – IT'S UP TO YOU

Dr. Kornel is a talented neurosurgeon specializing in spine surgery, but he is also a published author, inventor of medical equipment and is an expert in minimally invasive spinal treatments too. Dr. Kornel. regularly works with FBSS patients who thought there was no hope of a life without back pain—enabling them to get back to the things they love, and a life without chronic pain.

If you would like to learn more about what Dr. Kornel can do for you, contact his office at **914-948-0444** or visit his website

**topspinesurgeonnc.com** to learn about how he can change your outlook towards life so that you can once again live life to the fullest.

914-948-0444

WWW.TOPSPINESURGEONNC.COM







## CONTACT DR. KORNEL

### **SURGICAL APPOINTMENTS**

**(914)-948-0444**

ezrielkornel@gmail.com

### **MEDIA INQUIRIES**

Dr. Kornel is available for TV,  
Radio and other media or speaking  
opportunities.

### **Contact Fred Yaeger**

**(914) 525-9198**

fredyaeger@yaegerpr.com

### **WESTCHESTER COUNTY**

Westchester Park Drive #4

White Plains, NY 10604

**(914) 908-5384**

### **NEW YORK CITY**

903 Park Avenue

New York, NY 10075

**(914) 908-5384**

### **DUTCHESS COUNTY**

798 Route 9, Suite D

Fishkill, New York 12524

**(914) 908-5384**



**EZRIEL E. KORNEL, MD**  
*Top Spine Surgeon NYC*

914-948-0444

[WWW.TOPSPINESURGEONNYC.COM](http://WWW.TOPSPINESURGEONNYC.COM)