

## **Biportal Endoscopic Lumbar Discectomy**

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Biportal endoscopic discectomy is an advanced minimally invasive technique that involves the use of an endoscopic camera with a separate working portal in a standard interlaminar approach. This approach is familiar to spine surgeons as the standard approach for lumbar discectomy. The water-based endoscopic technique enhances visualization, and the separate working portal affords greater versatility with standard surgical instruments. The biportal technique can be successfully applied to more complex clinical scenarios, such as high-grade migrated disk herniations and recurrent disk herniations with revision discectomies; however, few providers are performing this procedure. This video reviews the steps for endoscopic biportal lumbar discectomy, with a focus on instrument settings, well-positioned portals, and visualization techniques. Because this technique does not require purchasing new instruments, it is more cost effective than microdiscectomy and its uniportal counterpart. With proper application of the biportal technique, surgery can be performed safely without an increased risk of neurologic complications. A patient series performed by the authors of this video has demonstrated marked improvement in Oswestry Disability Index scores and visual analog scale back and leg scores at 16 weeks postoperatively.