Dr. Andrew K. Simpson Shares What Patients Should Know About Endoscopic Spine Surgery



Andrew K. Simpson, M.D. MBA

DALLAS, TX, UNITED STATES, September 4, 2026 /EINPresswire.com/ -- As more patients search for minimally invasive alternatives to traditional spine surgery, Dr. Andrew K. Simpson is offering a clear, patient-focused explanation of endoscopic spine surgery — what it is, who it can help, and what to expect before and after the procedure.

Endoscopic spine surgery has gained significant attention in recent years as a less invasive option for treating common spine conditions such as herniated discs, spinal stenosis, and nerve compression. Compared with some traditional open spine procedures, endoscopic spine surgery may involve a smaller incision and less disruption of surrounding tissue. The approach uses a small camera and specialized instruments inserted through a small incision to access and treat the affected area of the spine.

"Patients often come to me after hearing the term 'endoscopic surgery' but not fully understanding what it means for their specific condition," said Dr. Simpson. "My goal is always to demystify the process so people can make informed decisions about their care."

How the Procedure Works

During endoscopic spine surgery, the surgeon uses a high-definition endoscope to visualize the affected area of the spine in real time. This allows for precise removal of herniated disc material or bone spurs that may be compressing a nerve while preserving surrounding muscle and soft tissue. For appropriately selected patients, the smaller incision and limited disruption of surrounding tissue may be associated with less postoperative discomfort and blood loss compared with some traditional open procedures.

"One of the biggest advantages of this technique is that we're able to work through a natural corridor in the body while limiting disruption to the muscles that support the spine," Dr. Simpson explained. "For appropriately selected patients, this approach may help preserve surrounding tissue while addressing the source of their symptoms."

Who Is a Candidate?

Not every patient with back or neck pain is automatically a candidate for endoscopic spine surgery. Dr. Simpson emphasized that a thorough evaluation, including imaging studies and a review of prior treatments, is essential before recommending any surgical option.

Ideal candidates often include patients who:

- Have not found lasting relief through physical therapy, medication, or injections
- Are diagnosed with a herniated or bulging disc causing nerve compression
- Experience localized spinal stenosis
- Are interested in whether a less invasive surgical approach may be appropriate for their condition

"Endoscopic surgery isn't the right fit for every spine condition, and that's an important message for patients to hear," said Dr. Simpson. "Endoscopic surgery is not appropriate for every spine condition or every patient. The recommended approach depends on factors such as the diagnosis, anatomy, symptoms, imaging findings, and response to nonsurgical treatment."

What Recovery Looks Like

One of the most common questions Dr. Simpson hears from patients is how quickly they can return to normal activity. Recovery varies based on the individual, the specific procedure, and other clinical factors. For appropriately selected patients, endoscopic spine surgery may be performed on an outpatient basis, allowing some patients to walk soon after the procedure and return home the same day when medically appropriate.

"Recovery varies from patient to patient, and activity is typically increased gradually based on the procedure and individual progress," Dr. Simpson noted. "Following the postoperative plan closely is an important part of the recovery process."

Setting Realistic Expectations

Dr. Simpson also stressed the importance of setting realistic expectations. Endoscopic surgery may help relieve nerve-related symptoms in appropriately selected patients, but it is not guaranteed to eliminate every symptom. Outcomes depend on factors such as an accurate diagnosis, the patient’s specific condition, and appropriate patient selection.

As interest in minimally invasive spine procedures continues to grow, Dr. Simpson encourages patients experiencing persistent back or neck pain to consult with a spine surgeon to determine whether endoscopic surgery or another treatment option may be appropriate for their condition.

About Dr. Andrew K. Simpson

Dr. Andrew K. Simpson is an orthopedic spine surgeon with Mississippi Spine Institute whose practice focuses on the evaluation and treatment of degenerative and nerve-related cervical and lumbar spine conditions. His approach includes nonsurgical care as well as minimally invasive, endoscopic, and other surgical options when medically appropriate.

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