Tarlov Cysts: Different Outcomes in Open and Endoscopic Exclusion

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Isadore TARLOV, 1938
MAIN CHARACTERISTICS

- Perineurium – endoneurium
- Distal to the dorsal ganglion
- Sacral spine
- Communication spinal CSF
MAIN CHARACTERISTICS

- Sac-walls with nerve fibers
- Multiple
- ¿Pathogenesis?
- Diagnosis with MRI
MAIN CHARACTERISTICS

- Prevalence 1.5%
- Symptomatic 13%
- Perineal pain !!!
- Low-back pain and/or ciatalgia
EVIDENCE BASED TREATMENT
Communication with the spinal CSF

CSF hydrostatic pressure

Intracyst pressure increase
• Growth
• Bone erosion
• Distention
PAIN
TREATMENT

“EXCLUSION”
LATERAL CYSTS: “OPEN” Surgery
MIDLINE CYSTS:
“ENDOSCOPIC ASSISTED”
<table>
<thead>
<tr>
<th>POPULATION</th>
<th></th>
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<tbody>
<tr>
<td>Period</td>
<td>2007-2011</td>
</tr>
<tr>
<td>Total</td>
<td>40 cases</td>
</tr>
<tr>
<td>Surgery</td>
<td>11 cases:</td>
</tr>
<tr>
<td></td>
<td>5 endoscopic – 6 open</td>
</tr>
<tr>
<td>Sex</td>
<td>♂ 3 - ♀ 8</td>
</tr>
<tr>
<td>Age</td>
<td>54.3 years (32 – 69)</td>
</tr>
</tbody>
</table>
SURGERY

Open

Endoscopic

ST < Laminectomy > Mini

Exclusion

External lumbar drainage
3- Plugged

4- Sealed
External Lumbar Drainage

5 Days
OUTCOME
“OPEN SURGERY”

mean follow-up: 16.33 months

- Excelent 4 cases
- Good 1 case
- Poor 1 case
OUTCOME
“ENDOSCOPIC”

mean follow-up: 16.40 months

- Excellent 4 cases
- Good 1 case
COMPLICATIONS

- CSF internal fistula 1 case
- CSF internal fistula + pseudomeningocele 2 cases
- CSF external fistula 1 case
- CSF external fistula + meningitis 1 case
EXAMPLES
Lateral multiple cysts

OPEN SURGERY
♀ 59 years

- Ciatica
- Perineal pain
♀ 64 years
• Perineal pain
♀ 64 years

- Lumbar & perineal pain
♀ 63 years

- Lumbar & perineal pain

3 months POST
12 months POSTOP
Endoscopic assisted
♀ 48 years

- Ciática & vaginal pain
♂ 44 years

- Perineal pain
3 months POST
46 years

- Lumbar & perineal pain
♂ 25 years
Lumbar & perineal pain
POSTOP
2 MONTHS
CONCLUSIONS
<table>
<thead>
<tr>
<th>Procedure</th>
<th>Clinical Outcome</th>
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<tbody>
<tr>
<td>Open Surgery</td>
<td>Excellent – Good</td>
</tr>
<tr>
<td></td>
<td>83%</td>
</tr>
<tr>
<td>Endoscopic Surgery</td>
<td>100%</td>
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<tr>
<td></td>
<td>90%</td>
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## COMPLICATIONS

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Open Surgery</th>
<th>Endoscopic Surgery</th>
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<tbody>
<tr>
<td>CSF fistula</td>
<td></td>
<td>None</td>
</tr>
<tr>
<td>Pseudo-meningocele</td>
<td></td>
<td>None</td>
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</table>
THANK YOU!!

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