

J B T G Limited

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Medical Tourism Logistics Specialists | India

Neurosurgery & Spinal Surgery in India

Spinal Fusion, Back Surgery & Toe Fusion — Your Friendly Guide to What to Expect
Everything you need to know, written in plain English — no jargon, no scary stuff.

Meet Your Surgeon — Dr. Mazda K. Turel

I want to be completely upfront with you — finding the right surgeon was the single most important thing I did before bringing clients to India for neurosurgery and spinal work. Dr. Mazda K. Turel is not just one of India's finest neurosurgeons; he is genuinely one of the most accomplished spine surgeons in the world, trained across four continents and recognised internationally for both his surgical outcomes and his research. I am enormously proud to work with him.

	Medical Degree	MBBS — Grant Medical College & Sir JJ Group of Hospitals, Mumbai
	Specialist Degree	MCh Neurosurgery — Christian Medical College, Vellore (one of Asia's most prestigious medical institutions)
	Gold Medal	Awarded the Jacob Chandy Gold Medal at graduation — only the 5th recipient in 30 years of the award's history
	Gold Medal	Dr. S. Kalyanaraman Endowment Gold Medal for outstanding performance in Neurosurgery
	Fellowship — Canada	Fellowship in Skull-Base Surgery & Neuro-Oncology, Toronto Western Hospital, Canada
	Fellowship — USA	Fellowship in Minimally Invasive & Complex Spine Surgery, Rush University, Chicago, USA
	Fellowship — China	Fellowship in Cerebrovascular & Bypass Surgery, Shanghai, China
	Diploma	Diploma in Minimally Invasive Neurosurgery, Beijing, China
	Research & Publications	Over 60 publications in peer-reviewed international journals and books; multiple best paper awards
	TEDx Speaker	Recognised thought leader — invited TEDx speaker on neurosurgery and patient care
	Academic Role	Honorary Assistant Professor of Neurosurgery, Grant Medical College & Sir JJ Group of Hospitals
	Experience	15+ years of specialist neurosurgical practice at Wockhardt Hospitals, South Mumbai

♥ My clients who have been through spinal surgery with Dr. Turel consistently come back saying the same thing — they felt completely informed, genuinely cared for, and that the results exceeded what they had hoped for. He takes time with every patient. That is rare, and it matters deeply to me when I choose who to trust with your care.

Spinal Fusion Surgery — What Is It?

Spinal fusion is a surgical procedure that permanently joins two or more vertebrae in your spine, eliminating movement between them. Think of it as welding — once fused, those bones move as one solid unit. It is one of the most effective and long-lasting solutions for chronic back pain caused by instability, degeneration, or structural problems in the spine.

Spinal fusion is commonly used to treat conditions including:

- ✓ Degenerative disc disease — discs between vertebrae break down over time, causing pain and instability
- ✓ Spinal stenosis — narrowing of the spinal canal that puts pressure on the nerves
- ✓ Spondylolisthesis — a vertebra slipping forward over the one below it
- ✓ Herniated or slipped disc that has not responded to non-surgical treatment
- ✓ Spinal fracture or injury
- ✓ Scoliosis or other spinal deformity
- ✓ Failed previous back surgery requiring revision

How Spinal Fusion Surgery Actually Works

Here is exactly what happens, from start to finish, in plain English:

1

Anaesthesia

You are placed under general anaesthesia so you are completely asleep and comfortable throughout the procedure. Your anaesthetist will explain everything beforehand.

2

Access to the Spine

Dr. Turel makes a precise incision to access the affected vertebrae. Where possible, a minimally invasive approach is used — smaller incisions, less tissue disruption, faster recovery.

3

Preparing the Joint

The damaged disc or joint material between the vertebrae is carefully removed. The surfaces of the vertebrae are prepared so the bone graft can bond effectively.

4

Bone Graft Placement

A bone graft — either from your own body (usually the hip), a donor, or a synthetic material — is placed between the vertebrae. This is what triggers the bones to grow together and fuse.

5

Hardware Fixation

Metal rods, screws, or plates are used to hold the vertebrae securely in position while the fusion takes place. This hardware remains permanently in place.

6

Closing & Recovery

The incision is closed in layers. You will typically be monitored in hospital for 3–5 days before returning to your hotel to continue your recovery with our full support.

Toe Fusion Surgery (Hallux Arthrodesis) — What Is It?

Toe fusion — medically known as a 1st MTP joint arthrodesis — is a surgical procedure that permanently joins the two bones of the big toe's main joint. It is considered the gold standard treatment for advanced big toe arthritis (hallux rigidus) and is one of the most successful and predictable orthopaedic procedures available.

If you have been living with persistent big toe pain, stiffness, and difficulty walking — and other treatments have not given you lasting relief — toe fusion can be genuinely life-changing. The vast majority of patients experience excellent pain relief and return fully to walking, hiking, cycling, and daily activities.

How Toe Fusion Surgery Works

1

Anaesthesia

The procedure is typically performed under general anaesthetic. Local anaesthetic is also given so you are comfortable when you wake up.

2

The Incision

A small incision (3–5cm) is made on the top of the big toe joint to access the joint.

3

Cartilage Removal

The damaged cartilage is carefully removed from both bone surfaces, preparing them to fuse together.

4

Positioning

The toe is precisely positioned — a flat surface is used in theatre to ensure your toe will rest correctly on the ground when you stand and won't affect adjacent toes.

5

Fixation

The two bones are held firmly in place using metal screws and possibly a plate, allowing natural bone healing and fusion to occur.

6

Recovery Begins

The wound is closed, a plaster backslab is fitted, and you begin your recovery — with us supporting you every step of the way.

Recovery — What to Expect

Spinal Fusion Recovery

Timeline	What to Expect
Days 1–5 (Hospital)	You will be carefully monitored and pain managed by the team. Gentle movement encouraged from day one. Physiotherapy begins early.
Days 5–14	Return to your hotel. Rest is priority. Gentle walking with support. No heavy lifting or bending. Pain settles progressively.
Weeks 2–6	Most people feel significantly more comfortable. Daily activities resume gradually. Physiotherapy continues — this is an important part of your recovery.
Weeks 6–12	Returning to desk work and lighter activity. The fusion is progressing well. Follow-up imaging may be arranged to check progress.
Months 3–6	Most patients are back to a full range of daily activities. The fusion continues to strengthen. Full recovery and return to all activities typically by 6–12 months.

Toe Fusion Recovery

Timeline	What to Expect
Days 1–14	Foot kept elevated as much as possible. Plaster backslab in place — kept dry. Manageable pain with prescribed medication. Non-weight-bearing or heel-only walking initially.
Weeks 2–6	Plaster reviewed. Swelling gradually settles. You will move into a special boot. Sutures checked. Gentle return to light activity.
Weeks 6–12	Most patients return to regular shoes. The fusion is well underway. Excellent pain relief is typically noticed well before this point.
Months 3–6	Good level of activity and sport is expected by 6 months. Mild swelling can persist in the foot for up to a year — this is completely normal.
Months 6–12+	Full recovery. This is a very successful operation with excellent outcomes in over 90% of patients. Most people return to walking, hiking, cycling, and all daily activities without pain.

Why Wockhardt Hospital? Why Dr. Turel?

- ✓ Dr. Turel trained across four continents — Canada, the USA, China, and India — bringing a truly global standard of neurosurgical expertise
- ✓ Wockhardt Hospital uses the very latest in minimally invasive surgical techniques — smaller incisions, less blood loss, shorter hospital stays, and faster recovery
- ✓ I have personally brought clients through spinal surgery with Dr. Turel, and they have returned home with results that exceeded their expectations
- ✓ The level of post-operative care, attention, and follow-through from the entire team at Wockhardt is consistently outstanding
- ✓ You will not be alone for a single moment — I will escort you to every appointment, every step of the way, from New Zealand to India and home again

♥ *I know that the words "neurosurgery" and "spinal surgery" can feel daunting. I want you to know that I have seen first-hand the difference this surgery makes to people's lives — people who came to India in pain and went home free of it. That is exactly why I do this work, and it is why I chose Dr. Turel.*

Ready to Find Out More?

Getting started is simpler than you might think:

1

Get in touch

Call or email us for a no-obligation chat. Tell us about your situation and what you are hoping to achieve — we will take it from there.

2

We connect you with Dr. Turel's team

Our trusted contacts at Wockhardt will assess your scans and history, and Dr. Turel will provide a personalised treatment recommendation.

3

You receive a personalised quote

A detailed quote will be provided based on your individual case. No surprises, no hidden costs.

4

We arrange everything

Once you are ready to proceed, we take care of flights, hotel, transfers, and all logistics. You just need to show up.

5

We travel with you

You are not going alone. I escort you throughout the entire trip — to every appointment, every step of the way.

About JBTG Limited's Role

We organise everything around your surgery — your flights, hotel, all your transfers, and we escort you every step of the way. We are not medical professionals. Your surgical treatment decisions and your medical contract are between you and the hospital directly. We will also assist you to navigate your way through the entry visa application. Our job is to make sure you get there, you are supported throughout, and you come home safely.

Insurance — What You Need to Know

Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it is important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand.

You can enrol directly through our dedicated link at www.globalprotectivesolutions.com/enroll/bumstumsgums.

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Prices are indicative only. All medical information is for general guidance — please consult the surgical team for personalised advice.