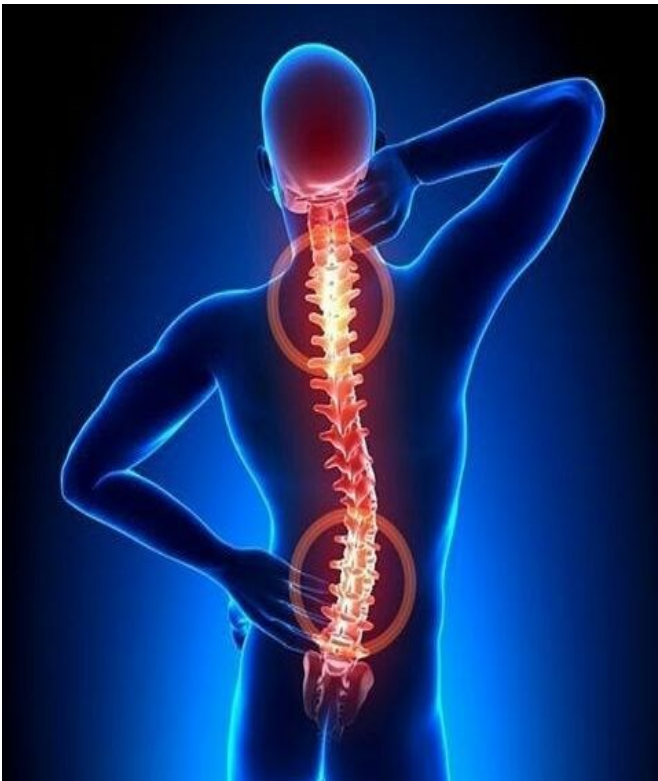


## LUMBAR DECOMPRESSION

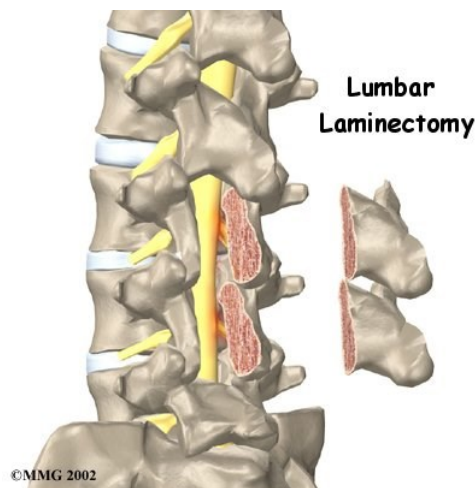


### DEFINITION

Lumbar decompression is a surgical procedure that is performed to alleviate pain caused by pinched nerves.

### What is its goal?

The aim of the operation is to remove the compressive elements that are compressing the nerves of the spine. This compression may be caused by bone, ligaments or even parts of intervertebral discs.



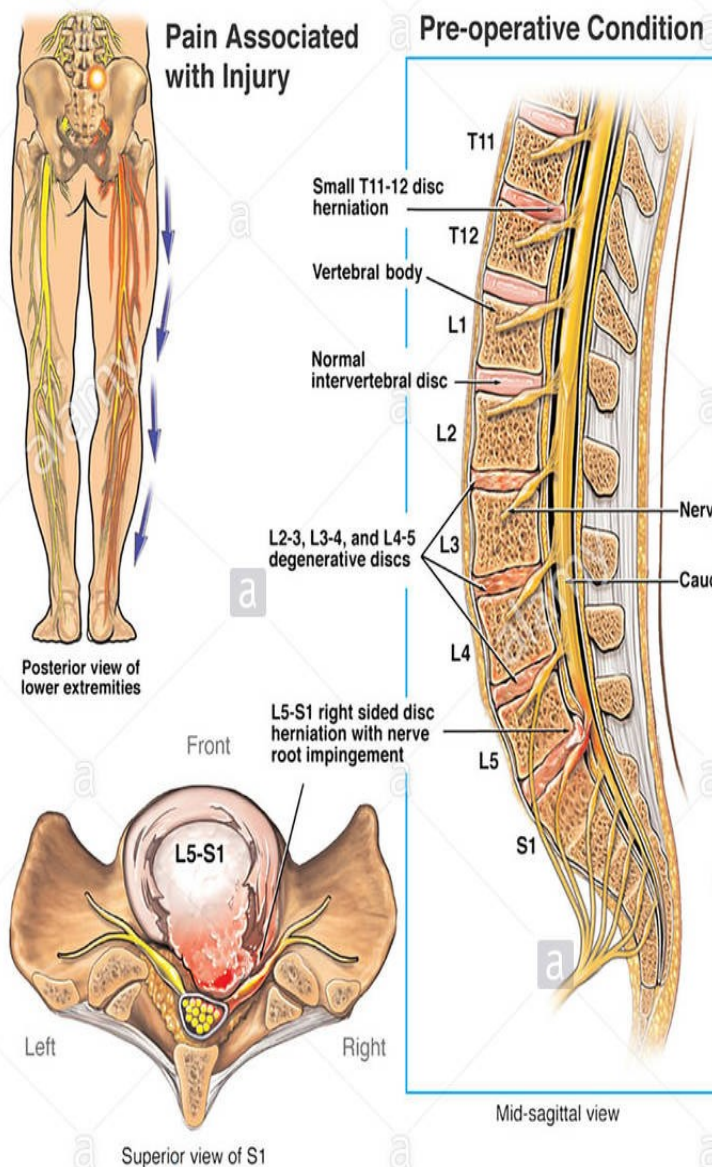
### RISK

- Pain, numbness due to nerve manipulation
- Weakness, paralysis due to nerve root damage
- Bowel/bladder incontinence or impotence
- Cerebrospinal fluid leak
- Recurrence or continuation of pain.
- Bleeding/injury to major blood vessels
- Infections
- General anesthetic complications

### What preparation are needed, prior to the procedure?

- MRI or CT Scan of the spine
- Spine X-Ray
- ECG
- Routine blood and urine Analysis
- Fasting (6 hours)

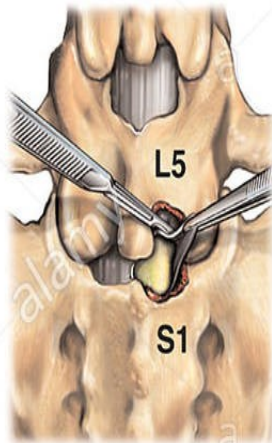
# PROCEDURE



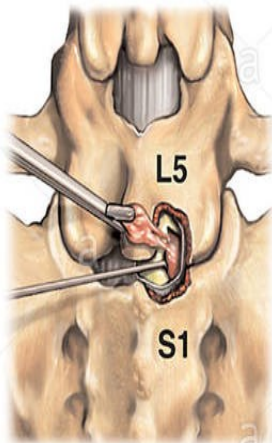
**A.** An incision is made into the lower back to expose the L5-S1 interspace.



**B.** The lamina and ligamentum flavum are removed to access the right L5-S1 nerve root.



**C.** The herniated disc is then removed freeing the nerve root of compression.



## What can I expect after I am discharged?

- Walk daily, gradually increasing time and distance. Avoid sitting or lying down for long periods as this will lead to pain and stiffness.
- Do not get overtired; balance periods of activity with rest periods.
- No driving while taking narcotic pain medication.
- You may go up and downstairs.
- Do not carry heavy items, such as groceries or laundry. Do not lift anything heavier than a gallon of milk until told otherwise by your doctor.
- You should not need special equipment for home