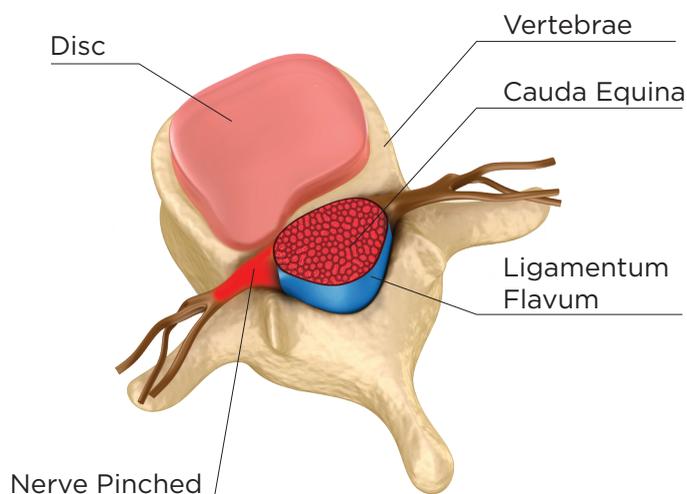


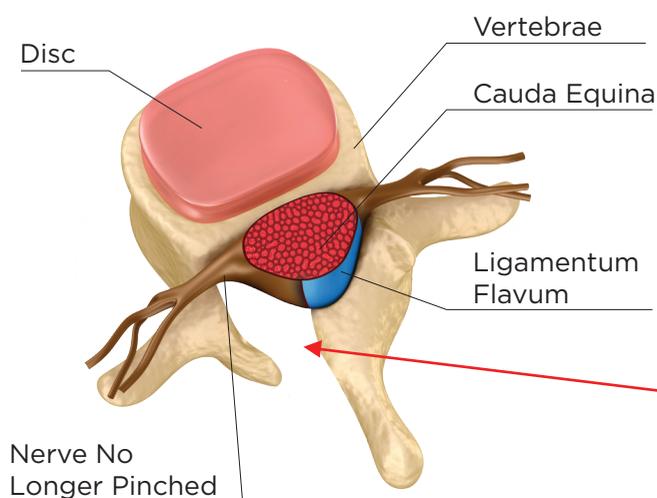
HELPING YOU UNDERSTAND LAMINECTOMY

A **laminectomy** is a surgical procedure which creates space by removing a portion of the back part of the vertebra, the lamina. Also known as decompression surgery, a laminectomy is typically performed to alleviate pain caused from compression of the nerves within the spinal canal called spinal stenosis.

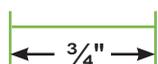
Before Procedure



After Procedure



The **entire surgery** is performed through a **$\frac{3}{4}$ " incision**.



Why is the minimally invasive approach so important?

When traditional spine surgeons perform a laminectomy, it involves a 4" incision and the cutting or stripping of muscles from the spine. When a laminectomy is performed at the **BioSpine Institute**, it is performed through a minimal $\frac{3}{4}$ " incision without cutting or stripping of the muscle. This technique provides faster recovery times and the best outcomes.

Why do I need a laminectomy?

This procedure is typically performed to alleviate pain being caused by the impingement of the spinal nerves from spinal stenosis. In older patients, spinal stenosis is caused by degenerative changes which leads to enlargement of the facet joints, placing pressure on the nerves. Traumatic injury to the spine can also cause this impingement, such as in cases of car accidents or slip and falls. This leads to a disc displacement which results in painful pressure on the nerve roots and sudden, severe symptoms in patients.

Removing part of the bone (lamina) through a laminectomy can give the affected nerve root more space and a better healing environment.

How will I feel following surgery?

The majority of patients will notice immediate improvement of some or all of their symptoms while other symptoms may improve gradually. A positive attitude and compliance with your doctor's post-surgery instructions will contribute to a satisfactory outcome.

PRE & POST PROCEDURE LAMINECTOMY

- Our surgical staff will call you the day prior to your surgery to confirm your scheduled arrival time.
- As part of our protocol, home health will see you the day after you arrive home from your surgery. They will be checking on your well-being, your incision, and they can also perform ultra sound massage if needed after surgery.
- You will be given a post-op pain medication prescription. When you feel you no longer need pain medication and start to wean off, then you may switch to Extra Strength Tylenol. Use over the counter stool softener with pain medication.
- Anesthesia and pain medication are very constipating. You should increase your fluid intake and utilize MOM (milk of magnesia) for constipation. You can also try warm prune juice or stool softeners.
- Medication on an empty stomach can also cause nausea. Please take your medication with food if needed.
- **NO Advil, Aleve, Ibuprofen, Mobic, Celebrex or any anti-inflammatories unless approved by your surgeon.**
- **NO driving until after 2 week post op visit unless released by your physician, and no driving while under the influence of pain medication.**
- Please leave the incision open to air when no drainage is evident. The incision should be kept dry (no ointments).
- At some point you may have muscle tightness/spasms. This is common after surgery, is this becomes constant or uncomfortable, please call us.
- Notify us immediately of any signs or symptoms of infection (i.e. redness, swelling, drainage, warm to touch).
- If your legs or arms become red, hot, or swollen or you develop chest pain with or without shortness of breath you should call 911 or report immediately to the emergency room
- If you experience pre-operative weakness, worsening numbness or tingling, or you are experiencing new symptoms contact us. If we are closed, please report to the emergency room.
- **Cervical laminectomy:** No overhead reaching and no lifting of more than 5 lbs.
- **Cervical laminectomy:** No upper or lower extremity exercises, No bicycle, No treadmill. Walking is the only safe and permissible exercise in moderation. Start slowly and then gradually begin to increase your workload as tolerated.
- **Lumbar laminectomy:** No bending at the waist, twisting, stooping, squatting, pushing, pulling, overhead reaching, prolonged sitting or standing, and no lifting of more than 5 lbs.
- **Lumbar laminectomy:** Patient must take off LSO brace when sleeping. You may sleep on your back or side without brace. Stomach sleeping is not suggested.
- **Lumbar laminectomy:** You should be changing your position frequently, staying in one position can cause stiffness which can lead to discomfort. Please remember this especially when traveling (A small walk every hour is recommended).
- **Lumbar laminectomy:** After surgery, you may shower with a water tight dressing (No soaking or exercising in water i.e. pool, bathtub, and hot tub for 14 days).
- **Lumbar laminectomy:** A cane is NOT preferred if help is needed for stability. Please use a walker instead.
- **Lumbar laminectomy:** You must sit on a shower stool to remove brace for showering. Please note: Do not bend at the waist or overhead reach during shower. Apply brace before standing and leaving shower.