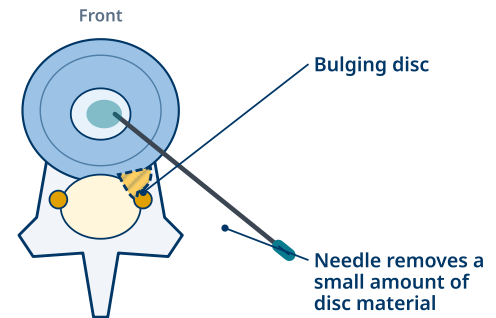


Disc Decompression

What it is

Disc decompression lowers the pressure inside a bulging disc. It is done with a needle or small tools through a tiny opening. It may ease arm or leg pain from a pinched nerve.



Why it is done

- Herniated disc with leg or arm pain lasting several weeks to months
- Significant or progressive weakness
- Imaging that matches your symptoms

Self-care tips

- Walk a little several times a day.
- Follow your limits on lifting, bending and twisting.
- Keep the cut clean and dry. Follow your wound care instructions.
- Take pain medicine only as directed. Do not smoke; it can slow healing.

What to expect

Before: We review your imaging, and you may meet with a surgeon.

During: You get anesthesia, often as an outpatient. The doctor uses a needle or small tools to remove a small amount of disc material.

After: Most people walk the same day and slowly return to activity.

When to call us

- Fever over 101°F or chills
- Redness, swelling or fluid draining from the cut
- Pain, swelling or redness in your calf
- New or worse numbness or weakness

Call 911 for chest pain, trouble breathing, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/disc-decompression/



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This handout is general information and is not a substitute for medical advice.