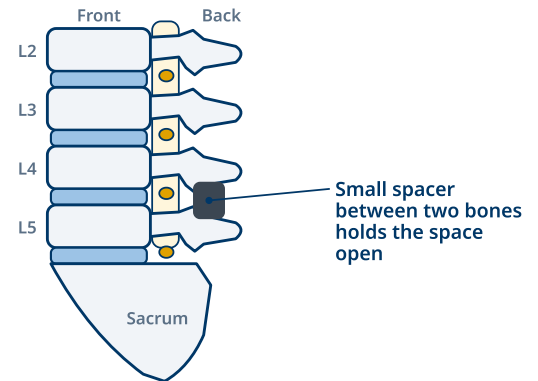


Interspinous Spacer (Vertiflex / Superion)

What it is

An interspinous spacer is a small device placed between two bones in the low back. It helps hold open the space for the nerves. It is for some people with spinal stenosis who get leg pain when they walk.

This surgery may be done at GSMC's surgery center or in a hospital. Your surgeon will explain where. Call 732-202-3000 to learn which surgeon performs it.



Why it is done

- Moderate lumbar spinal stenosis at one or two levels
- Leg or buttock pain with walking that improves with sitting or leaning forward
- At least six months of nonsurgical care without enough relief
- No significant instability, fractures or severe osteoporosis

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: You meet with your surgeon and may need imaging, blood tests and a health check. You will get instructions about eating, drinking and medicines, including blood thinners. Plan for a ride home.

During: You get anesthesia or sedation. Using live X-ray, the surgeon places a small spacer between two bones in the back through a small cut.

After: Most people go home the same day and walk right away. Limit bending and lifting at first. Normal activity often returns in 2 to 6 weeks.

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/services/spine/surgeries/interspinous-spacer/



Scan for the full web page

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