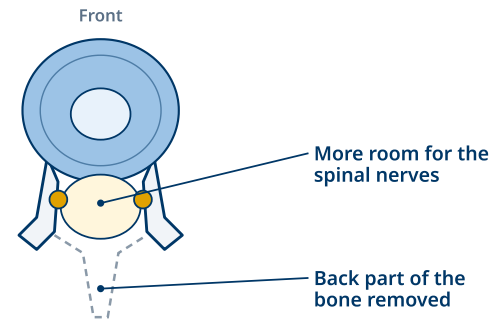


Laminectomy / Decompression

What it is

A laminectomy removes a small part of the bone on the back of the spine. This makes more room for the spinal cord and nerves. It is often used for spinal stenosis.

This surgery is usually done in a hospital. Your surgeon will explain what to expect. Call 732-202-3000 to learn which surgeon performs it.



Why it is done

- Spinal stenosis with leg symptoms that limit walking despite nonsurgical care
- Neurological symptoms such as weakness
- Cervical cord compression in selected cases
- Imaging that matches 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: 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 general anesthesia and lie face down. The surgeon removes bone and thick tissue that press on the nerves. Sometimes a fusion is added.

After: You may go home the same day or stay a few days. Walking starts early. Activity builds up over 6 to 12 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/laminectomy/



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