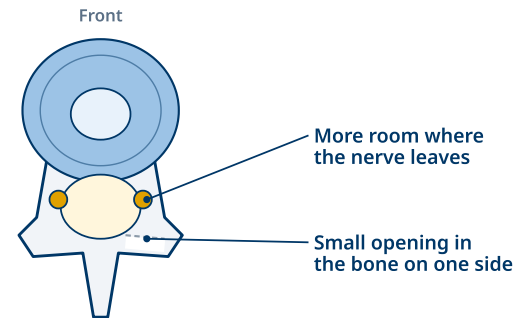


Laminotomy / Foraminotomy

What it is

These surgeries remove a small amount of bone or tissue to make more room for a nerve. A laminotomy makes a small opening in the bone. A foraminotomy widens the space where a nerve leaves the spine.

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

- Arm or leg pain from a pinched nerve at a specific level
- Foraminal stenosis or a side-located disc herniation
- Symptoms that have not improved with nonsurgical care

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. Through a small cut, the surgeon removes a small amount of bone or tissue around the nerve.

After: Many people go home the same day. Walk daily and avoid heavy lifting at first. Activity builds up over several 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/laminotomy-foraminotomy/



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