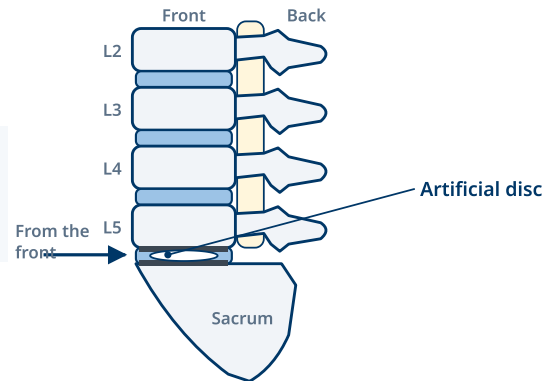


Lumbar Disc Replacement

What it is

In a lumbar disc replacement, a worn disc in the low back is removed. An artificial disc is put in its place. It is only right for some people with disc pain.

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

- Back pain from one or two degenerated discs, confirmed by imaging and evaluation
- No significant facet arthritis, instability, stenosis or osteoporosis
- Several months of nonsurgical care without enough improvement

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. The surgeon reaches the spine through the belly, removes the disc and puts in an artificial disc.

After: You usually stay in the hospital for a few days. Walking starts early. Activity builds up over 6 weeks to 3 months.

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/lumbar-disc-replacement/



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