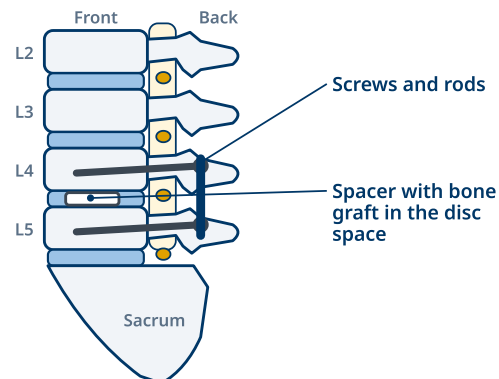


Lumbar Fusion (TLIF, PLIF, ALIF, XLIF)

What it is

Lumbar fusion joins two or more bones in the low back so they heal into one solid bone. It may ease pain from movement between the bones. There are several ways to do it.

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

- Spondylolisthesis or instability with ongoing symptoms
- Stenosis that needs decompression where stability is a concern
- Deformity or certain fractures
- Selected cases of disc-related pain after extensive 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. The surgeon places screws, rods or spacers and bone graft so the bones grow together. The approach may be from the back, side or front.

After: You usually stay in the hospital 1 to 4 days. Avoid bending, lifting and twisting for about 6 weeks. Healing continues for 6 to 12 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-fusion/



Scan for the full web page

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