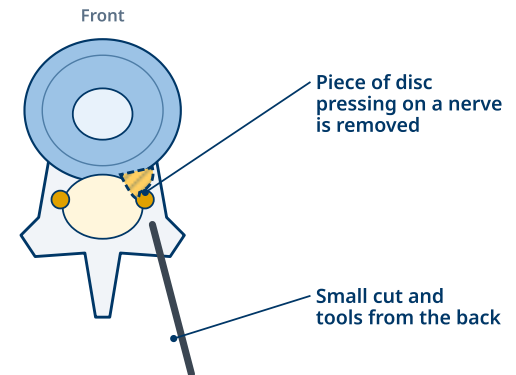


Microdiscectomy

What it is

A microdiscectomy removes the part of a herniated disc that presses on a nerve, usually in the low back. It is done through a small cut. It is mainly used to ease leg pain.

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

- Leg pain from a herniated disc that has not improved after about 6 weeks or more of nonsurgical care
- Leg weakness that is significant or getting worse
- MRI findings that match your symptoms
- Emergency cases such as cauda equina syndrome

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. Through a small cut, often about an inch, the surgeon removes the piece of disc pressing on the nerve.

After: Many people go home the same day. Walking is encouraged right away. Avoid heavy lifting, bending and twisting at first. Many return to desk work in 2 to 4 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/microdiscectomy/



Scan for the full web page

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