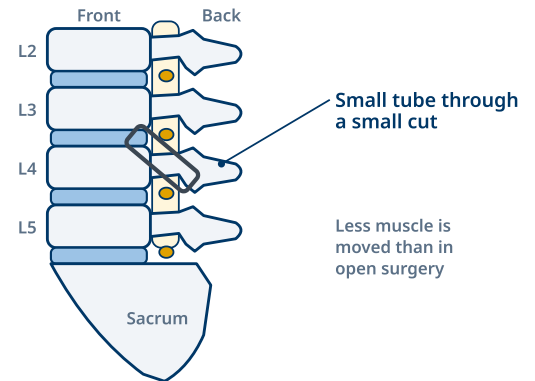


Minimally Invasive Spine Surgery

What it is

Minimally invasive spine surgery uses small cuts and special tools. The goal is to disturb less muscle than open surgery. Many common spine surgeries can be done this way.

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

- Disc herniation or stenosis at one or a few levels
- Selected fusions
- Patients who meet criteria for the specific procedure after evaluation

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 anesthesia. The surgeon works through small cuts using tubes, a microscope or a camera. What is done depends on your problem.

After: Walking starts right away. Many people go home the same day or the next day. Light activity often returns in 2 to 6 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/minimally-invasive-spine-surgery/

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



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