

Lumber Spine Microdisectomy and Laminectomy A Guide for Patients/Families



This brochure provides information about Lumber Spine Microdisectomy and Laminectomy. It is designed to reponds to questions most frequently asked by patients.



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi.

P.O. Box 3500, Stadium Road, Karachi-74800, Pakistan,

Website: www.aku.edu



What is Laminectomy?

Laminectomy is a surgical operation designed to relieve pressure on nerves in supine, back or neck. Pressure on a nerve root in the lower spine, often called nerve root compression, causes back and leg pain.

What is Microdisectomy?

Microdisectomy is also a surgical procedure that incorporates the use of microscope to visualize the offending disc and compressed nerve root.

What is a disc?

Disc is a cartilaginous plate that forms a "cushion" between vertebral bodies, thus supporting the vertebral column.

What are the causes of nerve root compression?

- **Ruptured disc** - Also called a protruded, slipped or herniated disc.
- **Spondylosis** - Deterioration or "wear and tear" of multiple discs with bony spur formation and degenerative disc.
- **Scar tissue**
- **Combination of the above factors**

When is this surgery done?

Surgery is recommended when you have:

- Leg pain which limits your normal daily activities
- Weakness in your leg(s) or feet
- Numbness in legs/hands
- Impaired bowel and/or bladder function



How long will it take to recover?

The recovery process usually takes 4 to 6 weeks.

What happens after the surgery?

Pain

- It is normal to have pain after the operation, especially in the lower back. This does not mean that the procedure was unsuccessful or that your recovery will be slow.
- Leg ache is also not unusual. It will gradually subside as the nerve heals.
- Medication will be given to control pain and relieve spasm/swelling. Frequent positioning may also help.

Physical Activity

- Walking may begin as per your doctor's instructions.
- The easiest way for you to get out of bed is to raise the head of the bed as far as it will go, and then swing your legs to the floor.
- During the first few trips from bed, you will require help from a nurse to avoid falls or injury.

Hygiene

- You may take a shower the next day after surgery. This will make you feel better and should be done with the dressing left in place to protect the incision.
- Lotion may then be massaged into the lower back, including the area around the incision to eliminate dryness and help relieve muscle spasm.

Nutrition

- Intravenous (I.V.) fluids will be discontinued when you can tolerate oral diet.
- Constipation will be treated with laxatives.



Discharge from the Hospital

- The hospital stay for lumbar laminectomy/microdisectomy patients usually lasts 3 to 5 days.
- Your physician usually will allow you to go home when:
- You can walk on your own.
- You can tolerate a regular diet.
- You have resumed normal bladder activity.
- Your wound is healing.

How am I going to recover at home?

Your home recovery takes 4 to 5 weeks. Once you are at home and you are to resume your normal activities, follow the guidelines listed below.

Physical Activity

- Daily walking is the best exercise. Try to increase your distance a little each day.
- You may climb stairs when you are able to.
- Avoid sitting or standing for long periods of time.
- Change positions frequently to help eliminate lower back muscle spasms and leg aching.
- Take extra care when lifting, bending or twisting.

Sleep

- During the recovery period, it will help to take several naps throughout the day.
- A firm mattress is important for proper back support.



Working

- Your doctor will help determine when you can return to work and with what limitations.
- If your job requires lifting, twisting, prolong sitting, or bending, a work release may be given to you during the first postoperative visit.

Driving

- Drive a car only when you have recovered full coordination and are experiencing minimal pain.
- Do not drive after taking pain medication.

Medication

- You should gradually reduce the use of pain medication while recovering at home.
- Heat, exercise, massage, and short rest periods will also help relieve pain.

Hygiene

- If the skin sutures were removed before your discharge from the hospital, it is not necessary to keep the incision covered.
- Unless instructed otherwise, you may take a daily shower or tub bath, which will help you feel better.
- Let the water run over the incision, but do not scrub or rub over it.
- Use commode chair while using toilet.

Nutrition

- A well balanced diet, such as dairy products, meats, vegetables, and fruits, is necessary for proper healing.
- Continue to eat a healthy diet in the future to reach and maintain your realistic body weight.



Religious Activities

- Do not bend or sit on the floor while performing religious activities. You can instead sit on a chair, etc, for your prayers.

Consult your doctor if you notice increased redness, swelling, drainage around the incision after discharge from hospital.

For further information, please call:

C-1 Ward
Aga Khan University Hospital
Karachi.
Phone : 4930051, Ext : 3190-91