

Cervical Decompression Surgery

Cervical Decompression Surgery

Your health care provider wants you to have cervical decompression surgery. Surgery is a treatment for symptoms such as pain in the neck and arms. Pain can be caused by compression (squeezing together) of the spinal cord or spinal nerves.

About Surgery

The spinal disc has two parts: a tough outer ring and a jelly-like material inside the ring.

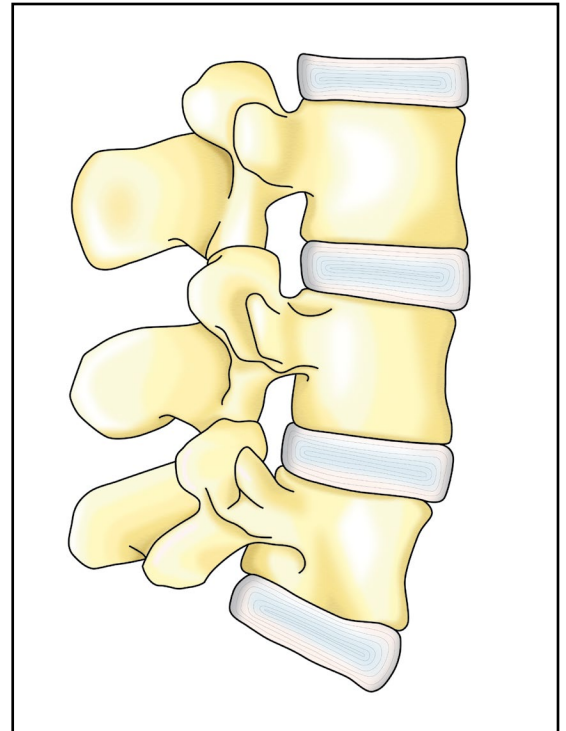
Your surgeon will make an incision (cut) on the back (posterior) of your neck. Neck muscles are carefully moved so your surgeon can see your spine. A portion of the jelly-like material or bone is removed. This makes more room for your spinal cord and spinal nerves.

After Surgery

See your “Understanding Spine Surgery” book for more details on caring for yourself at home and medicines to take to relieve pain.

Whom to Call With Questions

Talk with your health care team if you have any questions or concerns.



© Allina Health System

Healthy disc: All discs and cushioning between them show few signs of wear and tear.