

Spine Decompression Surgery

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Your health care provider wants you to have surgery on your back. Surgery is a treatment for symptoms you are having such as pain in your thoracic (mid-back) or lumbar (low back) spine. Your symptoms may be caused by compression (squeezing together) of your spinal cord or spinal nerves.

About Surgery

The spinal disc has two parts:

- a tough outer ring
- a jelly-like material inside the ring.

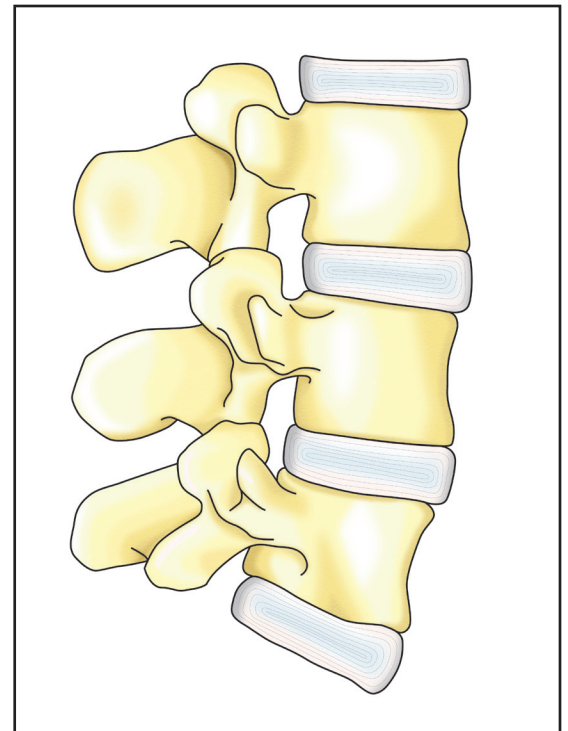
Your surgeon will make an incision (cut) on your back. Back muscles are carefully moved so your surgeon can see your spine. A portion of the jelly-like material or bone is removed. This makes more room for your spinal cord and spinal nerves.

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.



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