

# Spinal Disc Replacement Surgery

## Spinal Disc Replacement Surgery

Your health care provider wants you to have spinal disc replacement surgery (spinal disc arthroplasty or artificial disc replacement). This treatment can help ease spinal pain caused by disc wear and tear.

An artificial disc is implanted into the spine to carry weight and allow motion in your joint.

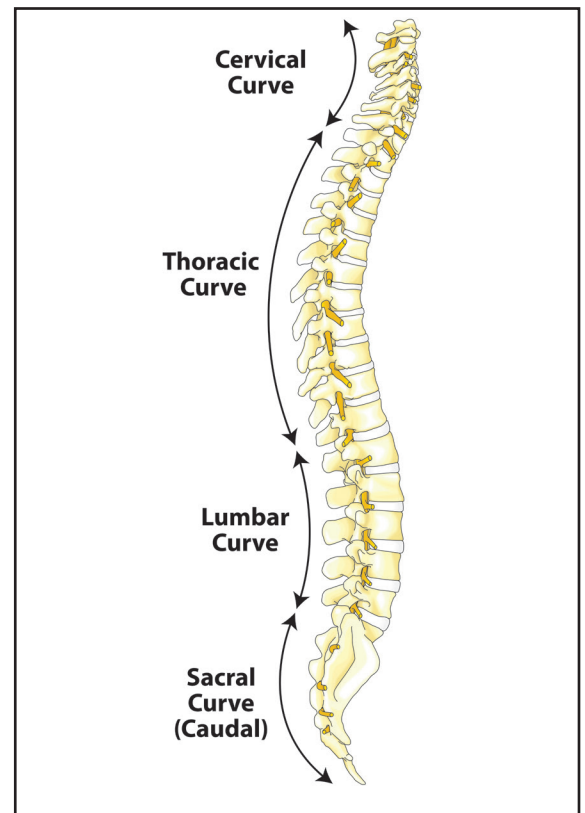
The surgeon will replace your bad disc with the artificial disc.

## During Surgery

- If the disc is in your lower back, your surgeon and the surgery team will make a cut (incision) in your stomach to reach the front of your spine.
- If the disc is in your neck (cervical spine), your surgeon and the surgery team will make a cut (incision) in the front of your neck to reach your spine.
- The team members will remove the damaged disc and replace it with an artificial disc.

## After Your Surgery

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



© Allina Health

Your health care provider will show you the place or places in your spine that will be replaced. See page 2 for common types of disc damage.

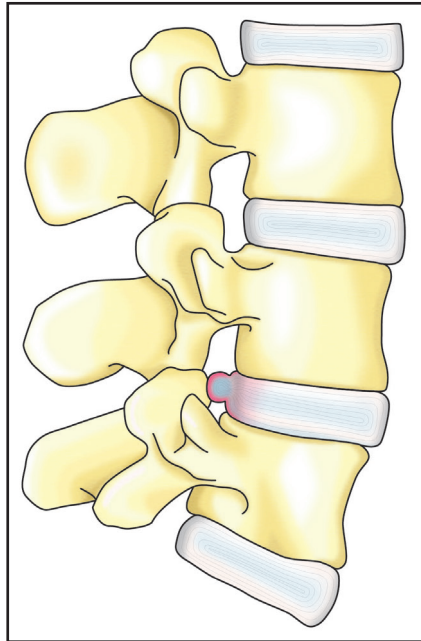
## Whom to Call With Questions

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

*(over)*

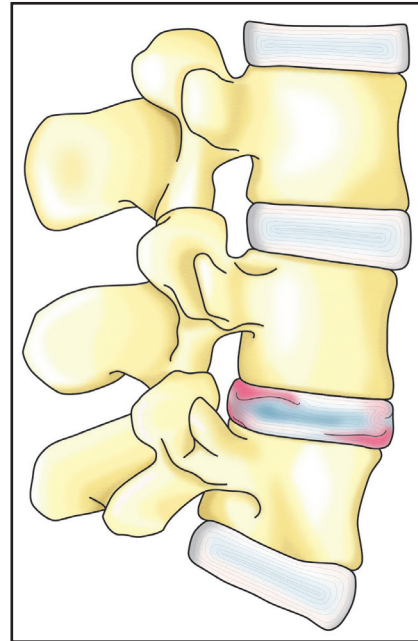
## Disc Damage

Your health care provider will show you the type of disc damage you have.



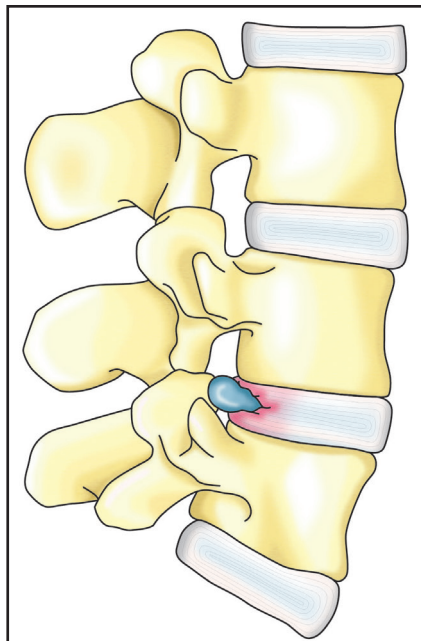
© Allina Health System

**Bulging disc:** Discs and the cartilage around them can dry out and stiffen. This can cause a disc to bulge.



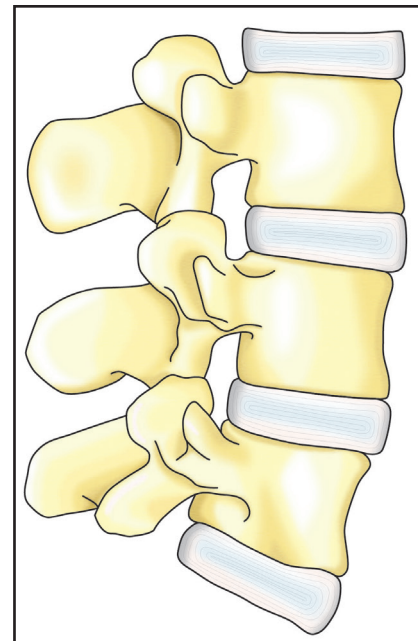
© Allina Health System

**Degenerated disc:** Caused by normal wear and tear on a disc or discs.



© Allina Health System

**Herniated disc:** A disc cracks or ruptures. The rupture can then press against nerves and bones to cause pain.



© Allina Health System

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