

What is lumbar decompression?

This is a surgery designed to un-pinch the nerves in your lower back. This is accomplished by removing a combination of bone spurs, thickened ligaments, and sometimes a portion of disc to relieve the compression on the nerves in the lower back. These nerves eventually become part of the sciatic nerve. The surgery may also be referred to as a laminectomy, Laminotomy, or micro-discectomy.

Why Minimally Invasive?

- Less trauma to your back muscles. Preservation of their attachment to the spine.
- Quicker Recovery...return to work and play sooner
- Lower revision rate

If in doubt ask!

Here at Optum Spine we want you to be informed. If you have further questions we can answer them over the phone or schedule an in person consultation to go over any questions that may have come up.

Call 812.945.5633 to get connected with our surgery scheduler or an appointment with Dr. Blok or Norman Silva, PA.

Optum Spine—minimally



Dr. Robert Blok specializes in and has performed thousands of minimally invasive lumbar decompression surgeries.



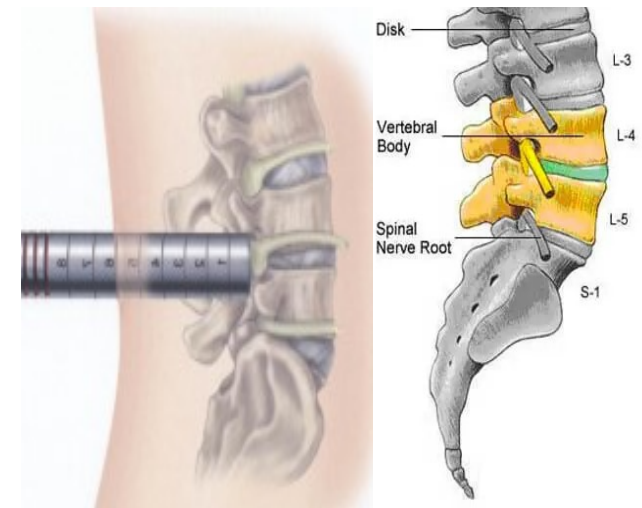
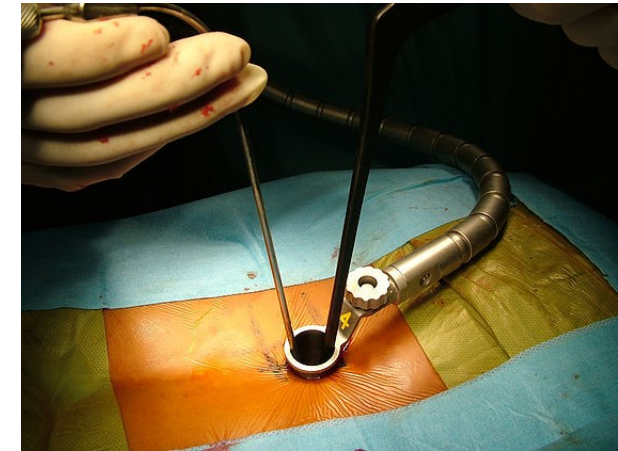
Norman Silva, PA specializes in and has assisted in thousands of spine surgeries. He is here to help make the process as easy as possible for every patient.

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Optum Spine

Prepare for surgery

Minimally Invasive Lumbar decompression



What to Know Before, During, and after Surgery.

Minimally Invasive Lumbar Decompression

Before surgery

You will need some tests prior to surgery to ensure it is safe to have surgery. Testing will include bloodwork and an EKG. Some patients will need surgical clearance from their primary care, cardiologist, or another provider. All of this will be coordinated through our office.

Once your surgery is approved and all testing is completed you will receive a call from the hospital giving you a time to arrive the day of your surgery. They will also advise you if any medications will need to be stopped before surgery.

A post op follow up appointment will be scheduled for about 2 weeks after your surgery.

****** Do not eat or drink anything after midnight the night before surgery. You may have a few sips of water to take your morning medications.

The day of Surgery

Once you arrive the hospital staff will get you ready for surgery. You will meet the doctor who is going to be putting you to sleep for surgery.

Once in the operating room you will go to sleep lying on your back. A breathing tube will be placed before we flip you onto your belly for surgery to begin.

The surgery will be done through one incision approximately 3/4 of an inch long.

Surgery will take about an hour. After that you will be taken to the recovery area where you will wake up. Once you are stable you will be able to head home. Prescriptions will be sent to your pharmacy before you leave the hospital. They will also give you a list of restrictions.

After Surgery

Discharge instructions will be provided by the hospital. Follow up at your scheduled time or sooner if need be. There will be a medium sized bandage over your incision.

Wound Care

- Leave bandages in place for 72 hours after surgery.
- Shower after bandages are removed. The water may run over the incision but do not submerge
- All the stitches are under the skin and absorbable.

Don't

- Avoid lifting more than 5#
- Avoid excessive bending and twisting
- If it hurts don't do it
- No sexual intercourse until cleared
- You may drive after one week if not on narcotics

Do

- Walk frequently with frequent breaks
- Ice over the incisions for pain control
- Call with questions/concerns