

What is lumbar fusion?

This is a surgery where a large portion of your problem disc will be removed and replaced with a spacer filled with bone grafting material. This vertebrae above and below that disc are then connected with four screws and two rods. Over time your body will grow a solid bone where the disc used to be.

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
- Less blood loss
- Less post operative pain
- Higher patient satisfaction

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



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



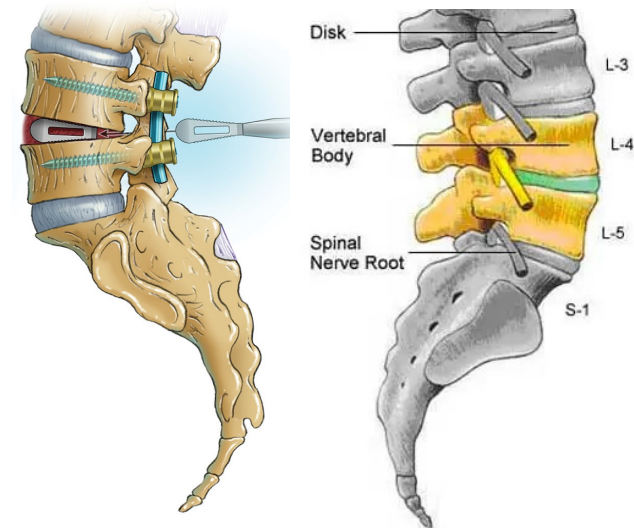
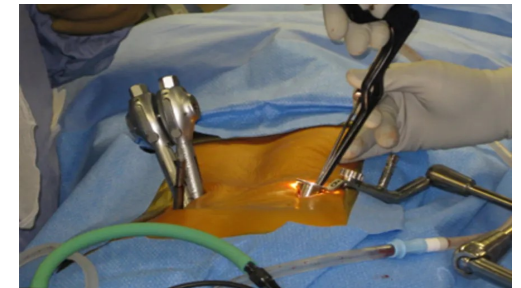
Norman Silva, PA specializes in and has assisted in thousands of spine surgeries. He is here to make the process as easy as possible for every patient.

Optum Southern Indiana Campus
4101 Technology Ave
New Albany, IN 47150
Phone: 812.945.5633
Fax: 812.981.2261

Optum Spine

Prepare for Surgery

Minimally Invasive Posterior Lumbar Fusion



**What to Know Before,
During, and After Surgery**

Minimally Invasive Lumbar Fusion (TLIF)

Before Surgery

You will need some testing 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 start.

The surgery will be done through 2 incisions about 1-2 inches long. There will be a 3rd incision just over 1/4 inch used to help guide our screw placement. A CT scan will be done in the operating room before the end of surgery to ensure all screws are in the appropriate place.

Surgery will take 2-3 hours. After that you will be taken to the recovery area where you will wake up before being moved to your overnight room.

After Surgery

You will likely go home the day after surgery. There will be 2 or 3 medium size bandages over the incisions. Discharge instructions will be provided by the hospital. We will send prescriptions to your pharmacy.

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 pounds
- 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