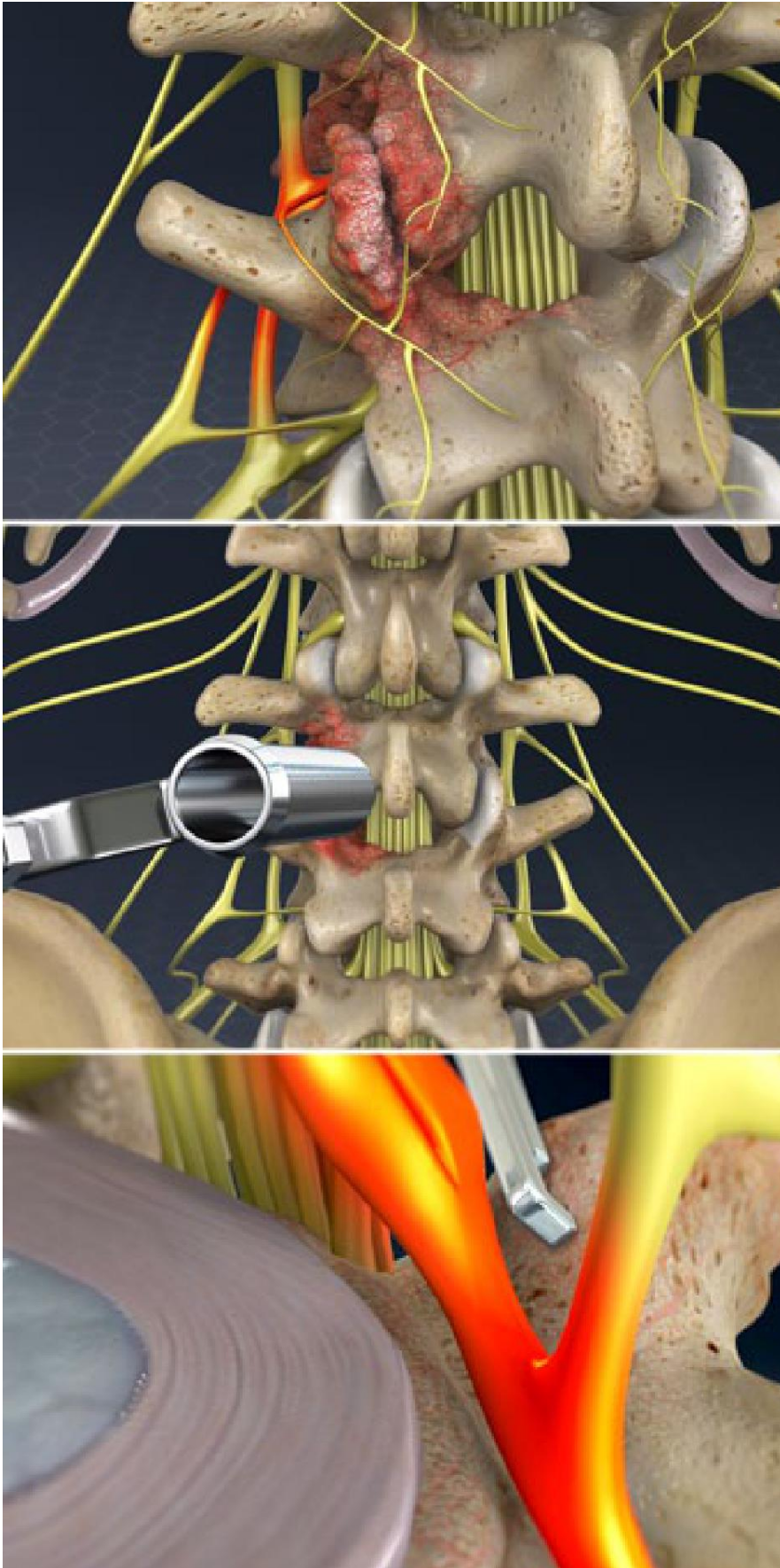




Foraminotomy (Lumbar Spine)



Overview

This procedure relieves pressure on spinal nerves in your lower back. It makes more room in an opening called a "foramen." That's where a spinal nerve exits as it branches away from your spine.

Preparation

To begin, you get medicine to put you to sleep. You're positioned face down. The surgeon makes a small opening in your skin. With the help of a video x-ray device called a "fluoroscope," a guide pin is pushed down to your vertebra.

Procedure

The surgeon places a series of tubes over this guide pin. This creates a channel that protects your soft tissues. An opening is made in the lamina. That's a part of bone at the rear of the vertebra. Small instruments are passed through the opening and into the foramen. The surgeon clears away any bone that is pressing against your nerve. This can relieve pain and other problems.

End of Procedure

When the procedure is done, the opening in your skin is closed. You may need to avoid some specific movements as you heal. Your doctor will give you tips to help your recovery.