

Lumbar Laminectomy and Fusion with TLIF

The surgery recommended for you is:

Dr. Giri has recommended lumbar laminectomy and fusion with TLIF for you. He has performed this procedure several hundred times over his 20 years of practice. The surgery is explained below. If you want more information, please go to the website(txspineinstitute.com) and click on surgical animations on the home page.

On the day of surgery, you will arrive 2 hours before your scheduled surgery time. The nurses in pre-op will get you ready for the surgery. The anesthesiologist will put you to sleep under general anesthesia. Dr. Giri will make an incision in the middle of your low back, over the levels he needs to work at. The length of the incision will depend on the number of levels he is working on. He will get down to the bone at the back of the spinal canal. At that point he will remove bone behind the spinal canal and then remove bone over the nerves that are exiting the spinal canal. Depending on what he finds, he may then move the nerves aside and remove a portion of the disk. Once the disk is removed, he will place a cage, made either out of a plastic like material called PEEK or titanium, into the disk space. This cage will have your own bone inside and will fuse the two vertebrae together over time. The removal of bone to free the nerves destabilizes the spine. In order to stabilize it, he will place two screws in each vertebral body and then place a rod on either side. Then he will close everything up and you will have staples on the skin. You will also have a drain in place. This drain will come out before you go home. This is the process for a one level fusion. If you are having multiple levels, then he will remove bone behind all levels recommended and he will put in two screws in all vertebral bodies recommended with a longer rod on either side to stabilize everything.

All the metal placed in your back is made out of titanium and is MRI compatible. The metal will also not set off the metal detectors at the airport, so you don't have to worry about carrying a card.

Once at home, we want you to change the dressing daily. The hospital will provide dressings for you to take home. If you run out, then you can buy more at CVS or Walgreens. We just want you to use gauze and tape for the dressing. The dressing does not have to be air tight. Do not get the incision wet for 4 days after the surgery. On day 5 after the surgery, take the dressing off prior to the shower and you can run water over the incision. Do not use any soap, ointment, or cream. Then blot the area dry and place a new dressing over the incision.

You will have to wear a back brace when sitting and walking for 6 weeks. This will provide support to your back muscles while you heal. An appointment will be made to pick up the brace prior to the surgery. You cannot drive for at least the first two weeks. During the first 6 weeks, you cannot lift more than 5 pounds. Dr. Giri will see you every two weeks during this time, and will discontinue the brace at the 6 week follow up, assuming the x-ray results are stable. At this time, we want you to do

physical therapy 3 times a week for 4 weeks. Physical therapy is very important to the healing process. After 6 weeks, your lifting restriction will go up to 15 pounds for 6 more weeks, then you will be restriction free.

During the first 3 months after surgery, we ask that you do not take any anti-inflammatories as this will inhibit the fusion from taking place. We will also try and get a bone stimulator approved from your insurance company. If approved, the device will be provided to you from our office, and you will use this device daily for 4 months.

Dr. Giri will continue to follow you for 2 years after your surgery. The appointments will start to be spaced out once you have reached the 6 week visit.

As always, if you have any questions please contact the office.

Thank you,

Texas Neuro Spine Institute

