



LUMBAR LAMINECTOMY



We care for you
every step
the way



NSSC Spine Clinic
Neuroscience & Spine Center of the Carolinas



If You Need Low Back Surgery

Living with low back problems can be frustrating. Pain may appear when you sit, stand, or walk, and even simple movements like lifting or bending can trigger discomfort in your back or legs. The good news is—you don't have to live this way. Your doctor may recommend a laminectomy to help relieve your pain and improve your quality of life.

When you have pain

When your lower back is healthy, it allows you to bend and stretch freely without pain. But if a nerve becomes irritated or pinched, you may feel pain, tingling, or numbness in your buttock that can travel down your leg. In some cases, even standing or sitting can bring on symptoms. These problems may be the result of a sudden injury, or they can develop gradually over time as aging and everyday wear and tear affect your spine.

Surgery can help

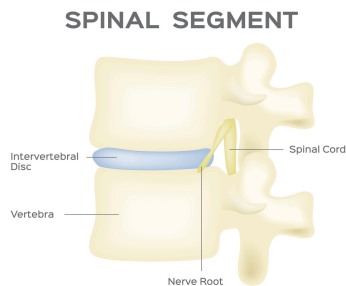
A laminectomy is a surgical procedure that removes a small piece of bone from the spine. This helps relieve pressure on the spinal nerves, which can significantly reduce pain and other symptoms. If pain is limiting your daily life and non-surgical treatments have not provided relief, surgery may be the best option for lasting improvement.

Learning about the low back

The spine is made of stacked vertebrae and discs. The lumbar spine is the lower section with five vertebrae. Damage to this area can cause painful symptoms.

A Healthy Spinal Column

The vertebrae are separated by discs, and together they form the spinal canal. Inside this canal is a fluid-filled sac that protects the spinal nerves. These nerves carry signals between the brain and body. In a healthy spine, all parts fit together without putting pressure on the nerves.

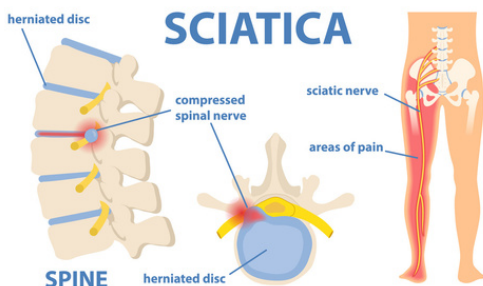


Common Causes of Low Back Pain

Low back pain is one of the most common reasons people seek medical care. It can develop after an injury or gradually over time due to wear and tear on the spine.

Pinched Nerves

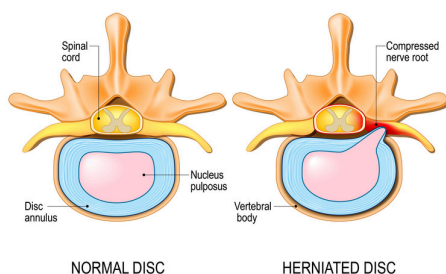
A pinched nerve occurs when surrounding structures—such as bone, muscle, ligament, or disc material—press against a spinal nerve. This pressure disrupts the normal nerve signal, causing pain, tingling, numbness, or weakness. When the pinched nerve is in the lower back, it may cause pain that radiates into the buttock or leg, a condition known as sciatica.



Pressure from the disk

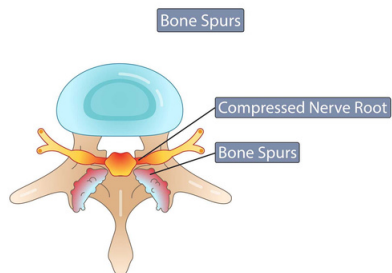
Between each vertebra is a cushion-like disc that absorbs shock and allows flexibility. When a disc bulges, tears, or herniates, the inner material can press against a nearby nerve root. This disc pressure can cause sharp back or leg pain and, in some cases, muscle weakness or loss of mobility.

Spinal disc herniation



Pressure from Bone

With age and normal degeneration, small bone spurs or thickened joints can develop in the spine. These bony changes can narrow the spaces where nerves travel, a condition called spinal stenosis. When the nerve openings become too tight, the nerves are compressed, leading to pain, stiffness, and sometimes burning or weakness in the legs.



When nerve pressure or irritation from any of these causes does not improve with conservative treatments—such as physical therapy, medication, or injections—it may require a laminectomy.

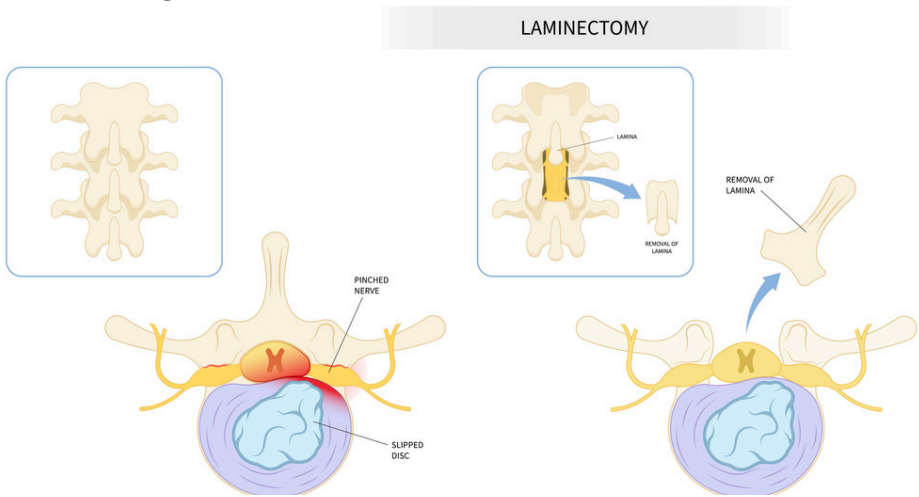
This surgical procedure removes a small section of bone or tissue from the spine to relieve pressure on the affected nerve, helping restore comfort, mobility, and quality of life.

During Surgery

A small minimally invasive incision is made in the lower back to reach the spine. Part or all of the lamina, along with any disc material or bone spurs causing pressure, may be removed to relieve the nerve. Once decompression is complete, the incision is closed with steri-strips.

Laminectomy

During a laminectomy, part or all of the lamina is removed from the affected vertebra to create more space around the nerve. This opening often relieves the pressure; however, if needed, the surgeon may also remove any remaining bone spurs or disc material pressing on the nerve. After the procedure, the spinal canal remains protected by the surrounding back muscles.



What to expect after surgery

Depending on the severity of your condition, you may go home the same day or stay overnight after surgery. Once home, you'll need to rest for the first day or two, then gradually increase your activity by walking more each day. Specific post-operative instructions will be provided. Most patients return to normal activities within about six weeks, though heavy lifting may be restricted for up to twelve weeks.