Lumbar Disc

**Definition:** Back pain is one of the most common health problems in society as 90% of people experience back pain during their lifetime. Its prevalence is the same in men and women and it is related to obesity and occupation. Back pain has two main causes, one is related to a disorder of the spine such as muscle cramps or a disorder of the disc between the vertebrae and the other is related to tissues near the lower back such as kidney stones.

One of the most important causes of back pain is protrusion of the disc between the vertebrae. The intervertebral disc is a cartilaginous plate that sits between the vertebrae and is like a cushion that allows the spine to move in different directions.

Usually, with age, improper bending of the spine and trauma to the spine, the disc comes out of its place and puts pressure on the nerve roots of the spinal cord, causing back pain and its spread to the legs.

**Lumbar disc treatment**

There are several treatments for intervertebral disc herniation, one of which is surgery. In surgery, the protruding parts of the disc or the entire intervertebral disc that is damaged are removed.

**Postoperative care**

- Take care of the stitches at the operation site and do not put pressure on it.
- Keep the stitches dry and clean and cover them with a dry dressing.
- Take prescribed medications after discharge as directed by your doctor. Avoid overuse of medications, especially painkillers.
- It is best to rest lying on your back or on sides on a firm mattress.
- When sleeping, it is best to lie on your side with your knees slightly bent and a small pillow between your knees.
- When getting out of bed, turn to the side slowly and sit down with the help of the edge of the bed.
- Eat fresh, fibrous fluids and vegetables to prevent constipation and strain.
- Do not forget to cough and take deep breaths. This will facilitate the discharge of lung secretions and improve breathing.
- You can walk using a medical belt from the second day of operation. Prolonged use of the medical belt weakens the abdominal muscles and puts pressure on the vertebrae. Open the belt while sleeping.
- Sit in a chair vertically and use the toilet.
- Taking bath is unrestricted after 48 hours of the operation and change the dressing of the operation site after each bath.
- Avoid driving until you are fully recovered.
- You can start your daily activities after 6 weeks.
- Avoid lifting heavy objects for 2 to 3 months.
- Avoid bending and straightening, rotating torso movements, and strenuous exercise for the first 4 weeks after surgery.
Visit your doctor's office 7 to 10 days after the operation to check and revisit and possibly remove the stitches.
Inform your doctor in case of symptoms of infection such as redness, swelling, exacerbation of pain and tenderness, fever, urinary incontinence, severe headache and secreting clear or slightly yellow liquid from the dressing or change in the color and smell of wound secretions, muscle weakness, numbness and murmur.

Prevention of back pain after surgery:

- Do exercises such as swimming and walking depending on your strength and age.
- Wear medical shoes with suitable heels.
- Avoid lifting heavy objects and turning your back.
- When carrying heavy objects, hold it close to your body.
- If you have to stand for a long time, place one foot on a step or stool with 20 cm high.
- The bed mattress should be almost firm so that it does not arch during sleep.

Lose weight, because weight loss in obese people reduces the pressure on the spinal cord.

If you have any questions or ambiguities, call the following number:

023-33437824, Surgery ward of Kosar Hospital