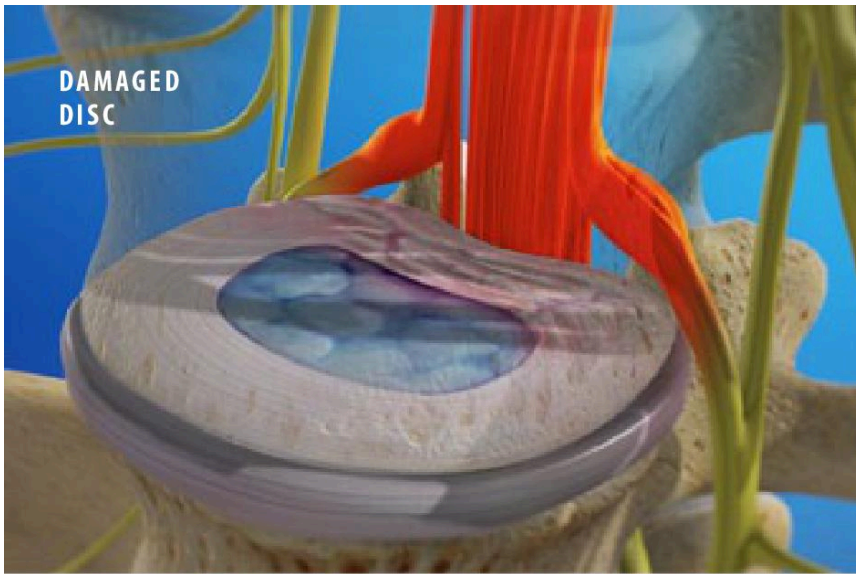




## Posterior Lumbar Interbody Fusion (PLIF)



### Overview

This procedure fuses two of your vertebrae with implants and bone graft material. It stabilizes your spine. It can be used to treat pain caused by degenerative disc disease.

### Preparation

In preparation for the procedure, you are anesthetized. You are positioned face down. The surgeon makes an incision in your lower back. The surgeon removes a portion of bone, called the "lamina," from the rear of one of your vertebrae. This creates a window. It allows access to your damaged disc.

### Clearing the Damaged Disc

The surgeon carefully clears away your damaged disc material. A portion of the disc wall is left in place. It will help contain the graft material.

### Stabilizing the Spine

The surgeon spreads the upper and lower vertebrae. This properly aligns the spine. It can relieve pressure on compressed nerve roots. Implants are placed between the vertebrae to hold them in the proper position. Bone graft material is packed into the space around the implants.

### Rods And Screws

The surgeon may implant a series of screws and rods at the rear of your spine. These help lock the vertebrae together. Bone graft is placed along these rods and screws. As your spine heals, the graft material in your spine will grow to create a permanent fusion between your vertebrae.

### End of Procedure and Aftercare

When the procedure is complete, your incision is closed. Your surgeon will provide instructions to aid your recovery.