



## Lumbar Spine Fusion Surgery: Video Transcript

Dr. Asfahani ([00:12](#)):

The aim of fusion surgery is to immobilize two segments or more of your spine. If you have abnormal motion or abnormal movement of the spine, that can be a source of pain. So when we go in surgically and release pressure off a nerve, we also have to correct that mechanical instability. Eventually, your own bone grows into the bone graft that we put in during the fusion surgery and that segment stops moving .

Patient ([00:46](#)):

Out of the blue I began developing pain going down the outside of my right thigh that would go into my leg and I couldn't drive to my work cycle. I couldn't walk, my dog couldn't ice skate. I made the decision to have the surgery and I've never regretted her for one single moment

Dr. Asfahani ([01:09](#)):

Before surgery. I think being on a calcium and vitamin D supplement is important to improve fusion rates, smoking delays, and can even hinder boney healing, which makes the failure rate extremely high. Typically, for spinal fusion, you'll come in the day of surgery and it is an operation that we go under journal anesthesia. Most patients, they stay in the hospital for two to four nights, typically after the second to third night. Most patients, they feel much better. I want my patients to get up and move and the faster they get up and move, the faster they can be on their way home to recovery. For the first two weeks after surgery, I typically say no driving, and we say no blt. So no bending, lifting or twisting. I like to let my patients know that a lot of these restrictions are not because you're not going to be able to do these activities, it's more to restrain you so that you do not injure yourself. In the immediate aftermath of the surgery, Kim did really well. After her surgery, she progressed very nicely and after she's, as far as I know, she's back to hiking only a few short months after her surgery, so that's pretty good.

Patient ([02:28](#)):

I was two days out of the hospital and I walked a mile and a half with my Great Dane. I hadn't done that In months, I was able to hold my brand new baby grandson in my arms. It felt so good to be normal and Dr. Asfahani gave me back my life and hope that there are physicians out there who really care about me as a person.

### Arvada

16280 W. 64th Ave.  
Arvada, CO 80007

### Castle Rock

4350 Limelight Ave., Suite 100  
Castle Rock, CO 80109

### Lakewood

11750 W. 2nd Place, Suite 255  
Lakewood, CO 80228

### Littleton

7780 S. Broadway, Suite 350  
Littleton, CO 80122

### Lone Tree/Park Meadows

9980 Park Meadows Dr., Suite 101  
Lone Tree, CO 80124

### Lone Tree/Yosemite

9695 S Yosemite St., Suite 377  
Lone Tree, Colorado, 80124

### Parker

9403 Crown Crest Blvd., Suite 200  
Parker, CO 80138