

Lumbar discectomy prognosis

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More than 10% of these patients report persistent pain after surgery.

[Quality of Life](#) (QOL), pain and disability, and psychosocial outcomes improved after primary and revision discectomy, but the improvement diminished after revision discectomy ¹⁾.

From 371 abstracts, 85 full-text articles were reviewed, of which 21 studies were included. Visual analogue scales indicated that surgery helped the majority of patients experience significantly less pain. Recovery from disc surgery mainly occurred within the short-term period and later changes of pain intensity were minor. Postsurgical back and leg pain was predominantly associated with depression and disability. Preliminary positive evidence was found for somatization and mental well-being.

Patients scheduled for lumbar disc surgery should be selected carefully and need to be treated in a multimodal setting including psychological support ²⁾.

see [Lumbar discectomy in obesity](#)

¹⁾

Lubelski D, Senol N, Silverstein MP, Alvin MD, Benzel EC, Mroz TE, Schlenk R. Quality of life outcomes after revision lumbar discectomy. *J Neurosurg Spine*. 2015 Feb;22(2):173-8. doi: 10.3171/2014.10.SPINE14359. Epub 2014 Dec 5. PubMed PMID: 25478822.

²⁾

Dorow M, Löbner M, Stein J, Konnopka A, Meisel HJ, Günther L, Meixensberger J, Stengler K, König HH, Riedel-Heller SG. Risk Factors for Postoperative Pain Intensity in Patients Undergoing Lumbar Disc Surgery: A Systematic Review. *PLoS One*. 2017 Jan 20;12(1):e0170303. doi: 10.1371/journal.pone.0170303. PubMed PMID: 28107402.

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