

**REVIEWED**

By Chris Tighe at 11:43 am, Mar 15, 2016



Search Mayo Clinic

[Request an Appointment](#)  
[Find a Doctor](#)  
[Find a Job](#)  
[Give Now](#)[Log in to Patient Account](#)  
[Translated Content](#)[PATIENT CARE & HEALTH INFO](#)[DEPARTMENTS & CENTERS](#)[RESEARCH](#)[EDUCATION](#)[FOR MEDICAL PROFESSIONALS](#)[PRODUCTS & SERVICES](#)[GIVING TO MAYO CLINIC](#)

## Appointments at Mayo Clinic

Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations.

[Request Appointment](#)

## Tests and Procedures

[Print](#)

# Discectomy

[Basics](#)[In-Depth](#)[Multimedia](#)[Resources](#)[News From Mayo Clinic](#)

### Definition

[Why it's done](#)[Risks](#)[How you prepare](#)[What you can expect](#)[Results](#)

## Definition

By Mayo Clinic Staff

Discectomy is a surgical procedure to remove the damaged portion of a herniated disk in your spine. A herniated disk can irritate or compress nearby nerves and cause pain, numbness or weakness. These symptoms can affect your neck or back or may radiate down your arms or legs.

Discectomy works best on radiating symptoms. It's less helpful for actual back pain or neck pain. Most people who have back pain or neck pain find relief with more-conservative treatments, such as pain medications or physical therapy.

Your doctor may suggest discectomy if conservative, nonsurgical treatments haven't worked or if your symptoms worsen. There are several ways to perform a discectomy. Many surgeons now prefer minimally invasive discectomy, which uses small incisions and a tiny video camera for viewing.

[Discectomy](#)

### Advertisement

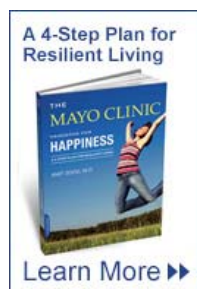
Mayo Clinic is a not-for-profit organization. Proceeds from website advertising help support our mission. Mayo Clinic does not endorse non-Mayo products and services.

### Advertising & Sponsorship

[Policy](#) | [Opportunities](#)

## Mayo Clinic Store

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

[The Mayo Clinic Diet Online — Eat well. Enjoy life. Lose weight.](#)[Control fibromyalgia with a three-step action plan](#)[The Mayo Clinic Handbook for Happiness](#)[Mayo Clinic on Healthy Aging](#)[Mayo Clinic Diabetes Diet Book & Journal Combo](#)

## Free E-newsletter

### Subscribe to Housecall

Our general interest e-newsletter keeps you up to date on a wide variety of health topics.

[Sign up now](#)[Share](#)[Tweet](#)

June 27, 2014

[References](#)[Why it's done](#)

---

## Products and Services

Newsletter: [Mayo Clinic Health Letter](#)

Book: [Mayo Clinic Family Health Book, 4th Edition](#)

---

## See also

[Herniated disk](#)

[Herniated disk vs. bulging disk: What's the difference?](#)

[Pinched nerve](#)

[Sciatica](#)

---

## Other Topics in Patient Care & Health Info

[Healthy Lifestyle](#)

[Symptoms A-Z](#)

[Diseases and  
Conditions A-Z](#)

[Tests and  
Procedures A-Z](#)

[Drugs and  
Supplements A-Z](#)

[Appointments](#)

[Patient and  
Visitor Guide](#)

[Patient Online  
Services](#)

---

[Home](#)   [Tests and Procedures](#)   [Diskectomy](#)   [Basics](#)   [Definition](#)

PRC-20013864

[REQUEST APPOINTMENT](#)

[GIVE NOW](#)

[CONTACT US](#)

[ABOUT MAYO CLINIC](#)

[EMPLOYEES](#)

[SITE MAP](#)

[ABOUT THIS SITE](#)

Any use of this site constitutes your agreement to the [Terms and Conditions](#) and [Privacy Policy](#) linked below.

[Terms and Conditions](#)

[Privacy Policy](#)

[Notice of Privacy Practices](#)

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.



We comply with the [HONcode standard](#) for trustworthy health information: [verify here](#).