

# Anterior Lumbar Interbody Fusion (ALIF)

Minimally Invasive Outpatient Spine Surgeon

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- A surgical procedure to make two or more of the bones in the spinal column (vertebrae) grow together (fuse) into one solid bone, relieving pressure on the nerves and spinal cord.
- You will lie on your back during the procedure.
- A small incision will be made in your lower abdomen (C-Section) with the help of a General Surgeon.
- The degenerative (worn out) disc will be removed along with any bone spurs.
- The disc space will be replaced with a disc spacer that will be filled with bone graft.

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