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doses per year to avoid possible side effects.^{14/14}If a bulging disc is putting pressure on a nerve, your surgeon might recommend a discectomy to remove some disc material. Or a laminectomy might be recommended to decompress an area where there is pressure on the nerves or spinal cord. Spinal fusion may be done to help stabilize the spine. Like all surgeries, these carry risks and aren't always successful. So they should be options of last resort.

How to fix severe lower back pain. Treatment of back pain. Best treatment for lower back pain. What to do for severe lower back pain. Severe lower back pain. Back problems treatment. How to get rid of severe lower back pain. How to treat severe lower back pain. What is a good treatment for lower back pain.