

## Story illustration

Imagine your spinal cord as a bright beam of light shining through a window.

The light represents the smooth, steady flow of signals between your brain and your body.

The window frame and the clear glass are like the space in your spinal canal—allowing the light to pass through freely.

Over time, elements can build up and start to block the light. Dust, grime, and overgrown plants start covering the window.

As they thicken, less light comes through, dimming the room and interrupting the clear view.

In your spine, this is like the ligamentum flavum thickening, pressing against your spinal cord and narrowing the space.

To restore the light, these obstructions need to be removed.

Just like cleaning the window and trimming back the overgrown plants, your doctor carefully trims away the thickened ligamentum flavum.

Once this is done, the light shines brightly again—allowing your nerves to function freely, reducing pain, and restoring movement.

## What is the LiFT-DV System?

The LiFT-DV System is a minimally invasive surgical device designed to help treat lumbar spinal stenosis by removing thickened ligament tissue (the ligamentum flavum) in your lower back.

This procedure can relieve pressure on the spinal nerves that cause leg and back pain, numbness, tingling, or difficulty walking.

## Benefits of LiFT-DV

- Minimally invasive
- Small incision, less scarring
- May reduce pain and improve walking ability
- Faster recovery compared to open surgery
- Less need for general anesthesia in many cases



## How Does the Procedure Work?

### Positioning and Imaging

The surgeon uses a special X-ray (fluoroscopy) to locate exactly where to make the incision.

### Placement Marker Needle

A thin needle is inserted to mark the precise spot on your spine.

### Portal Insertion

A small working channel called a portal is guided over the needle into position.

### Portal Preparation

The needle and a small dilator are removed, leaving the portal in place.

### Direct Visualization

The built-in light and camera are turned on so the surgeon can clearly see the treatment area.

### Tissue Removal

The LiFT device is inserted through the portal to gently trim away the thickened ligament tissue pressing on your nerves.

### Completion and Closure

When the surgeon is satisfied with the amount of tissue removed, the LiFT device and portal are carefully taken out, and the small incision is closed.

The entire procedure usually takes 5–15 minutes.

## What to Expect After the Procedure

- Most patients are able to walk soon after and go home the same day.
- You can usually resume daily activities quickly, often within a few days.
- Avoid heavy lifting or strenuous exercise for about 2 weeks.
- Some soreness or mild discomfort at the incision site is normal.

## Is LiFT-DV Right for You?

The LiFT-DV System may be appropriate if you have:

- Lumbar spinal stenosis diagnosed by imaging (MRI or CT scan)
- Symptoms like leg pain, numbness, or weakness
- Symptoms not improving with non-surgical treatments (physical therapy, injections)

Your healthcare provider will determine if this procedure is a good fit for your specific condition.

## Possible Risks and Side Effects

While complications are uncommon, any procedure carries some risk. Possible risks include:

- Infection
- Bleeding
- Nerve irritation or injury
- Reaction to medications or anesthesia

Your surgeon will review these risks and answer any questions.

## Questions?

Please consult your doctor.

Your healthcare provider is the best source of information about whether the LiFT-DV procedure is right for you.

## Important reminder

This pamphlet is for general information only and does not replace medical advice. Always talk with your doctor about your treatment options.

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