



EVOLVE

RESTORATIVE CENTER

Superion (Interspinous Spacer) Placement

General Information

Your health care provider has determined that a spinal decompressive procedure would be helpful in treating your chronic pain condition of spinal stenosis. Spinal stenosis is narrowing of the central canal of the vertebral body (spinal canal), causing compression of nerve roots. When you stand, the narrowing of the spinal canal worsens. By placing a device that subtly prevents extension with standing allows for maintenance of the spinal canal diameter, improving the compression of the nerves in the narrowed area. This therapy treats:

- Neurogenic claudication
- Spinal stenosis

Procedure Information: What to Expect

Prior to the injection appointment, there may be some medications that need to be stopped and your health care provider will discuss these with you. They could include blood-thinning medications like anti-inflammatory medications (aspirin, Xarelto, Coumadin, and Plavix). You resume these 24 hours after the procedure.

The procedure is performed in a surgery center or hospital setting. After arrival and check in, you are brought to the pre-operative area where you will be placed in a gown. An IV may be placed in your arm at that time. Then, you will be escorted to the procedure room. You will lay on your stomach (facing down) with your back exposed. An X-ray/fluoroscopy is used to see the bones to guide needle placement. After a cold, cleaning solution is placed on your skin, it is important not to touch the area once it is cleaned. You will then feel a pinch and a burn (much like a bee sting), which is the local anesthetic (numbing medicine). After that, a small incision is created to allow for placement of the device through a series of dilators. You may feel some compression (gentle tapping) to place the device. The procedure is typically performed within 10-20 minutes. The small incision is closed with a suture that absorbs on its own. A small dressing is applied to your skin. You are then escorted to the post-operative area and then discharged to home.

Post-Procedure Instructions

Typical things to expect may include:

- Numbness or tingling or transient weakness in the area of pain
- Some soreness around the procedure site
 - Ice may be applied
- Resume all medications as instructed by your provider
- No activity restrictions are necessary except you should not be in sitting water (baths, hot tubs, swimming pools, lakes/ponds) for three days after the procedure.
- Keep dressing on (DO NOT REMOVE), Keep the dressing dry, and intact UNTIL YOU SEE THE PROVIDER BACK
- Take post-operative antibiotics as directed.
- Keep post-operative appointment

Things to Look-out for

Please contact our office (844) 527-7369 if you experience:

- Weakness in legs for more than 6 hours
- Redness or swelling around procedure site for more than 24 hours
- Bladder or bowel accidents and/or numbness around the groin
- Fever or chills
- Any questions