



EVOLVE

RESTORATIVE CENTER

MILD (Minimally Invasive Lumbar Decompression) Procedure

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. One of the structures in the spinal canal that contributes to this narrowing is called the ligamentum flavum. The MILD procedure removes this ligament in an effort to create a larger space to allow for decompression of 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, you may feel pressure as the equipment (size of a pencil) is placed to allow for removal of the ligament. A Contrast dye is commonly used to ensure proper placement of the equipment and identification of the epidural space. The procedure is typically performed on one side (unilaterally) or bilaterally (both sides) at one or more levels. Each level takes approximately 5-10 minutes. 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. Showers are OK.
- Keep dressing on and intact without removal
- A single stitch may be placed that will need to be removed within 3-5 days of the procedure (usually during your first post-operative appointment).
- Keep post-operative appointment

Things to Look-out for

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

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