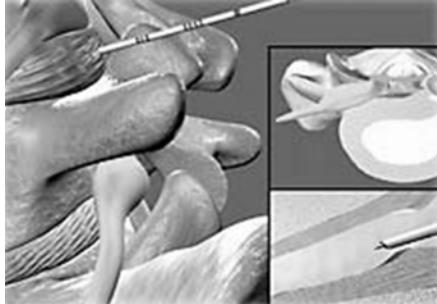


# What is Percutaneous Disc Decompression?

Percutaneous Disc Decompression is a procedure performed to remove a portion of intradiscal tissue, which may relieve painful pressure on the surrounding nerves.



Disc Decompression

## Frequently Asked Questions

### **Why is Percutaneous Disc Decompression helpful?**

This is a minimally invasive, outpatient procedure that uses a 17 gauge auger to extract nucleus pulposus to reduce intradiscal and adjacent nerve root pressure for leg and low back pain. A majority of patients who undergo percutaneous discectomy describe a significant improvement in pain within minutes to hours of the procedure.

### **Who is a candidate for Disc Decompression?**

- Failed conservative therapy.
- Leg pain > back pain.
- MRI indicates contained herniation.
- Facet pain excluded.
- Positive low volume diagnostic selective nerve root block.
- Discogram and post-disco CT consistent with above (for classification only).

### **What will happen during the procedure?**

An IV will be started so that relaxation and pain medicine can be given. You will lie on your stomach and your skin will be cleansed. Next, the doctor will numb a small area of skin with a local anesthetic, which may sting for a few seconds. The doctor will then use x-ray guidance to direct a very small needle into your disc. A disposable discectomy probe is used that passes through and works in conjunction with an introducer cannula to remove intervertebral disc nucleus pulposus material.

### **Will this procedure be painful?**

You will be consciously sedated with IV medication for the procedure. This will help to relax you and ease the pain. You need to be able to communicate with the doctor what you are feeling during the procedure.

## What You Need to Know Before Your Appointment

### Pre-Procedure Instructions:

- Please bring all X-rays, MRI films, etc. with you for your initial visit.
- **DO NOT** eat any solid food for at least 6 hours and **DO NOT** drink any liquid for at least 4 hours prior to your appointment.
- If you have sedation during the procedure, you will need someone to come with you and to drive you home. You will not be able to drive for 24 hours following the procedure.
- Please wear clean, loose fitting clothing such as sweats. You will be wearing these clothes during the procedure. Zippers and buttons could interfere with the X-rays.
- Please drink plenty of WATER the day before your procedure.
- **Diabetics**  
**DO NOT** take your insulin or oral anti-diabetic agents on the day of the procedure. You may eat and take your diabetes medications **AFTER** the procedure.
- Please note the **Medication Guidelines** covered below.

### Medication Guidelines:

Please **STOP** taking the following medications (if applicable) **seven (7) days before** your procedure:

- Arthrotec • Toradol • Ibuprofen • Anaprox • Relafen • Advil • Naproxen • Feldene
- Voltaren • Indocin • Percodan • Motrin • All pain or arthritis herbals (ginko biloba, feverfen, ginger)

Please stop taking all Aspirin products **seven (7) days before** your procedure including:

- Baby aspirin • Bufferin • Excedrin • Anacin • Ascriptin • Ecotrin • Empirin • Midol • Pepto-Bismol
- Sine-Off • Sine-Aid IB • Nuprin • Dristan Sinus • Orgaran • Persantine • Aggrenox

Please call our office **IMMEDIATELY** at 253-627-2666, if you are taking any of the following medications: • **Levenox** • **Plavix** • **Ticlid**.

• You may have small sips of water to take your routine medications that are not mentioned in the Medications Guidelines.

Please call Cascade Interventional Pain Center at 253-627-2666 with further questions.