



**MILD - Minimally Invasive Lumbar Decompression**

<b>What is it?</b>	<i>mild</i> is a safe procedure that can help patients diagnosed with lumbar spinal stenosis (LSS) stand longer and walk farther with less pain.
<b>Why is it done?</b>	The <i>mild</i> ® procedure has been performed safely on thousands of patients. A doctor who is certified to perform <i>mild</i> ® will use an imaging machine and specialized tools to remove small pieces of bone and excess ligament tissue through a tiny incision in your back. Removing these elements restores space in the spinal canal and decreases the compression of the nerves, which reduces pain and restores mobility. Some doctors have described the goal of the procedure as being similar to “removing a kink in a drinking straw.”
<b>How is it done?</b>	It is a short, outpatient procedure, performed through a very small incision (about the size of a baby aspirin) that requires no general anesthesia, no implants, and no stitches. Study data show that 79% of patients experience a significant reduction in pain and significant increase in mobility. In addition, the <i>mild</i> procedure has been proven to have few risks of major complications.
<b>Is there any preparation?</b>	You will receive conscious sedation. Conscious sedation is medication given through an IV (tube) in your arm. The medication will help you relax, but it will not put you to sleep. You <b>MUST NOT EAT OR DRINK</b> for <b>4</b> hours before your procedure. You may, however, take your medication with a <b>small sip of water</b> .
<b>What to wear?</b>	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home.
<b>How long does it take?</b>	We ask that you arrive 30 to 45 minutes before the scheduled time of your procedure. The procedure is about 30mins to 1 hour, and you will be in the recovery area about 15 minutes.
<b>What are the possible side effects of MILD?</b>	The <i>mild</i> ® procedure has been proven to have a very low risk of major complications.
<b>Risks of this procedure include, but are not limited to:</b>	<ul style="list-style-type: none"> <li>* Pain in the area where the needle(s) was inserted, this can last for two to three days. This can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol.</li> <li>* A reaction to the local anesthetic or dye. These reactions usually do not require further treatment.</li> <li>* If you ever had an allergic reaction to contrast or anesthesia, you must tell your doctor <u>before</u> the procedure is done.</li> <li>* Tell your doctor <u>before</u> the procedure if taking blood thinners, have a blood disease that affects clotting, have a bowel obstruction and or have an uncontrolled infection.</li> <li>* Bleeding, hemorrhage in the area of the injection due to damage to blood vessels.</li> <li>* Infection in the area of the injection.</li> <li>* Increased pain.</li> <li>* Nerve damage, Dural tear, diarrhea, paralysis, stroke and even death.</li> </ul>

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**PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS**

## INSTRUCTIONS REGARDING YOUR PROCEDURE

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Will I receive a pre-procedure phone call?	A nurse will call you 24-48 hours prior to your procedure. She will ask you a few important medical questions, <b>AND</b> she will confirm your appointment. We must have <b>a verbal confirmation from you 24-48 hours prior to your procedure.</b> Failure to return our call could result in your procedure being rescheduled.
Where can I obtain more procedure information?	Please visit our website <a href="http://www.nyspineandwellness.com">www.nyspineandwellness.com</a> . It contains demonstrations of some of the procedures we offer. We also have other helpful information.
Can I drive home from the procedure?	You <b>MUST</b> have a ride home, and your driver must remain on site. I am aware that if this procedure is performed using conscious sedation, I <b>MUST</b> have another person drive me home after I am discharged. I understand that if I attempt to drive myself home after this procedure, I could be involved in an automobile accident with injury to myself and/or others, as well as damage to personal property belonging to myself and or/others. I am aware that I must not make important decisions, leave my children unsupervised, use heavy equipment or drive an automobile for 24 hours after my procedure.
Can I eat Breakfast?	No, <b>DO NOT EAT OR DRINK</b> for <b>4</b> hours before your procedure. However, you may take your medicine but with only a <b>small sip of water.</b>
Can I take aspirin, or products containing aspirin or Anti-inflammatories?	<b>NO. You must stop taking ASPIRIN, products containing ASPIRIN*, and NSAIDs** (anti-inflammatories), 7 days prior to the date of your procedure. If you take FELDENE or DAYPRO, you must stop taking it 10 days prior to the date of your procedure.</b> <i>*Examples of ASPIRIN-containing products include but are not limited to: EXCEDRIN, FIORINAL, ALKA SELTZER, ECOTRIN, etc.</i> <i>** Examples of NSAIDS include but are not limited to: Meloxicam (Mobic), Naproxen Sodium (Aleve), Motrin (ibuprofen, Advil), Naproxen (Naprosyn, Naprelan), Celebrex, Indomethacin (Indocin), Nabumetone (Relafen).</i>
Can I take my blood thinner?	<b>Our provider will advise you on the number of days to hold your blood thinner. Sometimes we may have to contact the Doctor who has prescribed the blood thinner for you to learn how long it is safe for you to be off the medicine prior to your procedure. If our provider doesn't advise you, then one of our nurses will call you when we have obtained that information.</b>
Can I take my other medications?	Yes, only with a <b>small sip of water.</b> <b>DO NOT TAKE</b> blood thinners, aspirin, aspirin containing products or nonsteroidal anti-inflammatories (aka as NSAIDS).
What time is my procedure?	You will receive a phone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure (usually 30-40 minutes prior to the scheduled time) and the location. <b>PLEASE BE ON TIME.</b>
How long will it take?	We ask that you plan <b>1½ -3 hours</b> from the time you arrive at the center to the time you are discharged. Please understand that circumstances sometimes arise that are out of our control, which cause a longer delay. Please plan accordingly.
What do I bring?	You <b>must</b> bring the following <b>each time</b> you have a procedure: 1. Your current insurance information 2. <b>A written</b> list of all your current medications <b>including the strength and frequency</b> you take them. Please include over the counter medication, vitamins and herbal supplements.
What shall I wear?	Please wear comfortable loose fitting clothing.
Can I wear jewelry?	No. Please leave all jewelry and other valuables at home. We are unable to store them safely. Any body- piercing jewelry must be completely removed, as this may interfere with the x-ray machine.
What do I do if I am ill or have to cancel?	Please call the office 24 hours in advance if you are unable to keep your appointment. (315) 552-6700. We do charge patients for no shows.