



Percutaneous Discectomy or Percutaneous Disc Decompression

<i>What is it?</i>	Percutaneous Discectomy is a non-surgical procedure to relieve pain in patients with a “contained” disc herniation. A contained disc herniation is a rupture in which the ring of the disc is still intact but is bulging and causing pressure on a spinal nerve. A special probe is used to remove tissue, thereby relieving pressure and pain.
<i>Why is it done?</i>	The procedure is done to relieve back or leg pain caused from pressure on surrounding nerves from a bulging disc. Imaging (such as CT scan or MRI) may indicate that the disc is bulging, and the material inside the disc (nucleus) has not ruptured into the spinal canal.
<i>How is it done?</i>	Prior to the start of the procedure an intravenous (IV) catheter (tube) is placed in your vein. When you are in the procedure room, you will be asked to lie face down on a cushioned x-ray table. You will receive conscious sedation through your IV. Conscious sedation includes medication to help you relax, but it will not put you to sleep. A small needle is used to inject a local anesthetic (numbing medication) to numb the skin. Your physician will place a needle into your disc under x-ray guidance. You may experience pressure during this part of the procedure. Once the needle is in the proper position, your physician may inject dye into the disc. A special probe is then guided into your disc through the needle. An x-ray is used to confirm placement of the probe in the disc. The probe is then activated, removing disc material. The probe and needle are removed. A small dressing is then applied.
<i>Is there any preparation?</i>	You will be receiving conscious sedation medication through your intravenous (IV) to help you relax. You MUST NOT EAT OR DRINK AFTER MIDNIGHT . You may, however, take your medication with a small sip of water .
<i>What to wear?</i>	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home.
<i>How long does it take?</i>	We ask that you arrive 30-45 minutes before the scheduled time of your procedure. The procedure lasts about 30 minutes, and you will be in the recovery area about 15 minutes.
<i>Risks</i>	The risks of this procedure include , but are not limited to : *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. *A reaction to the local anesthetic or dye. These reactions usually do not require further treatment. * Temporary numbness or weakness in one or both legs. This is normal. You should have assistance with walking and should not drive for 24 hours. * Bleeding in the injection area. * Infection in the injection area. * Increased pain * Nerve damage, paralysis, stroke and even death.