

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 may choose to receive conscious sedation, which means that medication is given through an intravenous (IV) catheter (tube) in a vein in your arm. The medication will help you relax, but it will not put you to sleep. YOU MUST NOT EAT OR DRINK after midnight prior to the procedure. If you need to take medication, you may do so with a small sip of water. You must have someone available to drive you home after the procedure.
<i>What to wear?</i>	Please wear loose, comfortable clothing and leave all jewelry/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. You will be in the recovery area about 15 minutes.
<i>Risks of this procedure include, but are not limited to:</i>	<ul style="list-style-type: none"> * 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 contrast dye. These reactions usually do not require further treatment. However, a reaction to the contrast dye may result in sneezing, hives, swelling of the face and throat, respiratory difficulties and shock. Medication and/or respiratory assistance may be required. * A reaction to the conscious sedation, including but not limited to: allergic reaction to the anesthetic medication, loss of consciousness, depressed breathing and cardiac arrest. * 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, infection and/or bruising in the injection area. * Increased pain, nerve damage, paralysis, stroke, and even death.

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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 from our office will call you 24-48 hours prior to your procedure. She will ask you a few important medical questions, AND she will confirm your appointment. We must have <u>a verbal confirmation from you 24-48 hours prior to your procedure.</u> Failure to return our call could result in your procedure being rescheduled.
Where can I obtain more procedure information?	Please visit our website www.nyspineandwellness.com . It contains demonstrations of some of the procedures we offer. We also have other helpful information.
Can I drive home from the procedure?	<input type="checkbox"/> You MUST have a ride home, and your driver should remain on site. You must not drive or operate heavy machinery for 24 hours.
Can I eat Breakfast?	<input type="checkbox"/> No, DO NOT EAT OR DRINK AFTER MIDNIGHT . You may, however, take your medications with a <u>small sip of water</u>
Should I stop taking aspirin?	If you take ASPIRIN or products containing ASPIRIN in doses greater than 325 mg/per day, you must stop taking it 7 days prior to your procedure (examples of ASPIRIN-containing products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).
Can I take the aspirin prescribed for <u>cardiac</u> and or <u>stroke</u> prevention?	<input type="checkbox"/> Yes, however you need to <u>limit the daily dose to 81 mgs per day</u> for the 7 days prior to the day of the procedure.
Can I take my blood thinner? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Our provider has advised you on the number of days to hold the blood thinner you take. <input type="checkbox"/> Our provider will 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. One of our nurses will call you when we have obtained that information.
Can I take my other medications? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, except for blood thinners . <input type="checkbox"/> Yes, only with a <u>small sip of water,(you must not take your blood thinner)</u>
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. PLEASE BE ON TIME. <i>*some patients may receive a call to confirm insurance information.</i>
How long will it take?	We ask that you plan <u>1½ -3 hours</u> 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 must bring the following <u>each time</u> you have a procedure: 1. Your current insurance information 2. A written list of all your current medications including the strength and frequency 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.