

Benefits and risks

A herniated disc can negatively affect your ability to perform everyday activities. If your discomfort isn't improving with conservative treatments—bed rest, pain medication and/or physical therapy—disc decompression may be a treatment option for you. The disc decompression procedure has been associated with a low complication rate.^{2-3,12}

The use of the Dekompressor percutaneous discectomy probe for disc decompression may directly or indirectly cause side effects or complications. Discuss the risks and benefits of the procedure with your doctor to decide if this treatment option is right for you.

Benefits of the procedure

- Significant pain relief²⁻³
- Reduced use of pain medication²⁻³
- Improved function for normal daily activities²⁻³
- Defined amount of disc material removed²⁻³
- Less scarring¹⁰
- Quick recovery¹⁰
- Low complication rate^{2-3,12}

Potential risks

General complications of any surgery may include bleeding, infection, blood clots and reactions to anesthesia. Specific complications related to disc decompression may include deep vein thrombosis (blood clots form inside the leg veins), lung problems, nerve damage or persistent pain.⁹

Potential complications related to the use of the Dekompressor percutaneous discectomy probe for disc decompression include, but may not be limited to, infection, bleeding, nerve damage, worse pain, paralysis, anaphylaxis (serious allergic reaction that may cause swelling of the lips and tongue, breathing problems and loss of consciousness) or death. Please consult with your doctor for the full list of possible side effects.

Understand what's causing your pain

Contact us to schedule a consultation:

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Interventional Spine

Find bibliographic information online at strykerIVS.com/footnotes/DEK.

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Only your doctor can make the medical judgment on which products and treatments are right for your own individual condition. Your physician will explain all the possible complications of the procedure, as well as side effects. Individual results vary and not all patients will receive the same post-procedure activity level.

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Disc decompression

Fight back against low back pain



An estimated 6 million men and women in the United States suffer from low back pain caused by changes in the spinal discs.¹

Disc decompression may relieve pain without open surgery.²⁻³

Approach low back pain with a therapeutic alternative

Understanding herniated disc pain

If a herniated disc in the lower back presses on the nerves in the spine, it can cause pain, numbness, tingling or weakness of the leg.⁴ The sciatic nerve, which runs from the lower back through the back of each leg, may be affected.⁵ Compression or irritation of this nerve can cause a sharp, shooting pain in the lower back, through the buttocks and down the leg. This set of symptoms around the sciatic nerve is called sciatica, and it may result from a herniated disc in the lower back.⁵⁻⁶

Contact your doctor if you're exhibiting any of these symptoms:⁶⁻⁸

Leg pain or lower back pain symptoms

- Pain usually occurs in only one leg
- Pain may be described as dull or throbbing in the lower back and may include stiffness
- Pain in the lower back may come and go
- Pain may get worse when coughing, sneezing, laughing or with other sudden movement
- Pain may get worse from prolonged standing or sitting, walking a short distance and bending forward

Nerve pain symptoms

- Tingling ("pins-and-needles" sensation) or numbness in the leg, foot and/or toes
- Weakness in the leg, foot and/or toes
- Pain in the leg that is often described as sharp and electric shock-like

The procedure and what you can expect

Before

Your doctor will do a physical exam and order imaging tests, such as an X-ray, MRI or CT scan, to confirm a diagnosis.^{4,6} These tests help determine the location of the herniated disc and whether disc decompression is the most appropriate treatment.

If you are a good candidate, your doctor will ask you for the following information:⁹

- Current medications, including herbal supplements and their dosages
- Known drug, iodine, x-ray dye or latex allergies
- Current health conditions

A doctor may advise you to:⁹

- Stop taking non-steroidal anti-inflammatory drugs (NSAIDs) and blood thinners for 1-2 weeks before the procedure
- Stop eating or drinking past midnight the night before the procedure, except if you have instructions to take regular medication the morning of the procedure with small sips of water
- Wear loose-fitting clothes that are easy to take off/put on
- Arrange for someone to drive you home

During

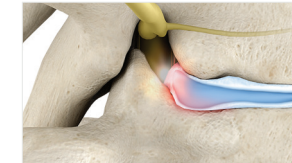
Disc decompression (also known as discectomy) can be performed while you are sedated. Your back is numbed with a local anesthetic. Using X-ray guidance, a small needle is inserted through the skin and into the herniated disc. When the probe is in the correct position, the herniated disc tissue is removed, reducing the size of the disc herniation.¹⁰⁻¹¹

Procedure overview

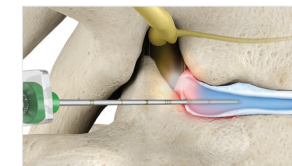
After

After the procedure, your vital signs will be monitored. Most patients are able to go home within a few hours of treatment. Your doctor may advise you to apply ice to the treatment area to reduce pain and swelling. Some activity restrictions are put in place for the next two weeks after the procedure so you do not bend or twist your back, or lift anything heavier than 5 pounds. Recovery time varies with each person, but many patients are able to resume work and normal daily activities within 3-5 days.⁹⁻¹⁰ Please see the **Benefits and risks** section of the brochure for more information.

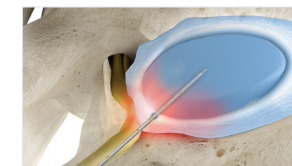
Overview of disc decompression procedure¹⁰⁻¹¹



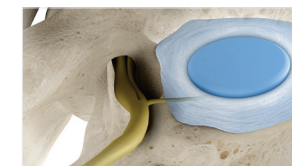
1 Herniated disc



2 Under x-ray imaging, a needle is guided into the herniated disc, behind the nerve



3 Disc material causing herniation is removed through the needle



4 Decompressed disc relieves pressure on nerve