

## Cross River Pain Management

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# Percutaneous Laser Discoplasty

### OVERVIEW

This minimally-invasive procedure uses a small needle and advanced laser technology to reduce a herniated disc, quickly relieving pain in most patients. The procedure may be done using a gentle relaxing medicine and local anesthetic on an outpatient basis.

### STEP 1

After some anesthetic is injected to numb the area, a thin needle called a cannula is inserted through the back and into the herniated disc. The surgeon uses x-ray images to guide the placement of the cannula.

### STEP 2

The laser catheter is inserted into the disc, just behind the herniated wall.

### STEP 3

Pulses of laser light create enough heat to shrink the disc wall area. The patient may feel some pain during the procedure, which is an indication that the treatment is being applied to the appropriate area.

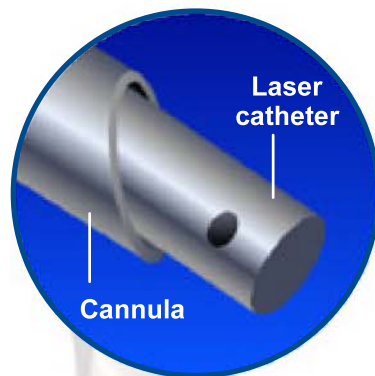
### END OF PROCEDURE

The catheter and needle are removed, and the insertion area in the skin is covered with a small bandage. Because no muscles or bone are cut during the procedure, recovery is fast and scarring is minimized. The patient may need a day of bed rest after the procedure and physical therapy. Most may return to normal activity within one to six weeks.



### HERNIATED DISC BEFORE PROCEDURE

Disc hernia pinches spinal cord or nerve root, causing pain



**1** A thin needle called a cannula is inserted through the back

**2** The laser catheter is inserted

Disc wall

Disc nucleus

**3** Pulses of laser light shrink the disc wall

### HERNIATED DISC REDUCED AFTER PROCEDURE

Because no muscles or bone are cut during the procedure, recovery is fast

