



Valley Pain Specialists, PC

Consultants in Acute and Chronic Pain Management

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NEWSLETTER



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Lumbar Disc Decompression (Nucleoplasty™) Offered at Valley Pain Specialists.

Nucleoplasty is a newly developed procedure designed to decompress herniated discs. It is sometimes referred to by the name percutaneous discectomy. This procedure is minimally invasive, using a very thin catheter to gain access to the bulging disc. A tiny radio transmitter is inserted into the disc nucleus through the catheter. This transmitter emits radio waves that break up the nucleus material in the center of the disc, hence decreasing the pressure on the pinched nerve (Fig. 1).

Discs are the oval shaped wedges located between each of the vertebrae, or bones, of the spine. Discs act as shock absorbers for the spine but can also be a source of great pain and suffering. The procedure is generally offered to patients who are interested in avoiding surgery or who are not considered surgical candidates.

Advantages of Nucleoplasty include an extremely procedure that does not remove more tissue than is necessary to shrink the disc herniation. This procedure offers good results with minimal risks to the patient. A more involved surgery can always be performed if the pain still persists after Nucleoplasty. The procedure is relatively painless and should leave no scar tissue or physical limitations

Possible complications of Nucleoplasty include the risk of infection, bleeding, or nerve damage. The procedure cannot be performed for extruded or ruptured discs and best results are obtained for patients with primarily buttock and leg pain. The procedure is performed on an outpatient basis under moderate sedation. Pain relief occurs within 1-2 weeks and recuperation time is minimal.

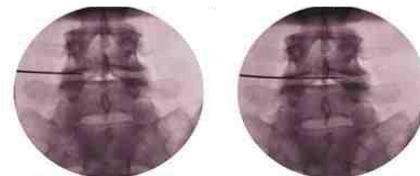


Figure 1. Sample illustration of minimally invasive herniated disc removal.

Valley Pain Specialists can successfully alleviate low back and lower extremity pain in many cases by a minimally invasive technique called percutaneous disc decompression (Nucleoplasty™).

For Information and Referrals:

(610) 954-9040

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