



### **Minimally Invasive Lumbar Decompression (MILD)**

#### **What is minimally invasive lumbar decompression (MILD)?**

The MILD procedure is a minimally invasive procedure that is used to treat lumbar spinal stenosis, a condition where the spinal canal narrows and compresses the spinal nerves, causing pain. During this procedure, the excess ligament and bone tissue is removed, thus restoring the space in the spinal canal and reducing nerve compression. The procedure is performed using x-ray guidance through a small incision.

#### **What can I expect during this procedure?**

Your procedure will be performed at an outpatient surgery center. You will be asked to arrive 45 minutes before your procedure time. You will first meet with a nurse in the pre-operative area. They will review your medical history, including all current medications and allergies. You will be asked to change into a medical gown prior to the procedure. If you choose to receive light sedation, an IV will be started. You will then be taken to the procedure room and positioned on the procedure table. The procedure generally takes 30 to 60 minutes to complete. Following your procedure, you will be taken to the recovery area to rest for 30 to 45 minutes before being discharged home.

**If you are taking any blood thinning medications (i.e. aspirin, Eliquis, Plavix, etc.), please notify our office. It is important we provide you with instructions on holding these medications if necessary.**

Additionally, if you are taking any antibiotics or have an active infection, it is important you notify our office. We may need to delay your procedure until your infection has cleared.

**Sedation instructions:** you may not have anything to eat or drink for eight (8) hours prior to your procedure. You may take your regular medications with a small sip of water. You must also have a responsible adult (over the age of 18) accompany you and remain on surgery center premises during your procedure to assume your care upon discharge. Your responsible adult must be present at the time you check in for your procedure. Taxi cabs and rideshares are not permitted (unless you have a responsible adult present to accompany you). For your safety, we cannot make exceptions to these requirements.

#### **What is the anticipated recovery from the procedure?**

Recovery from this procedure is generally mild. You may experience some soreness and pain at the procedure site. Patients are typically able to resume normal activity within 24 hours after surgery. You will be seen at our office 5 to 7 days after your surgery for a follow-up appointment. You will receive detailed discharge instructions at the time of your procedure. You are encouraged to call our office should you have any questions.

**Rembrandt Surgery Center phone number: (480) 809-6266**

**The Pain Experts of Arizona phone number: (480) 550-9393**