

Herniated Disc Symptoms

Do you suffer from:

- chronic lower back pain?
- leg numbness or pain?
- leg weakness?

These may be symptoms of a herniated disc. In the past, open surgery was often the only option for patients with herniated discs. Today, new treatment options for **back pain** and **sciatica** exist.

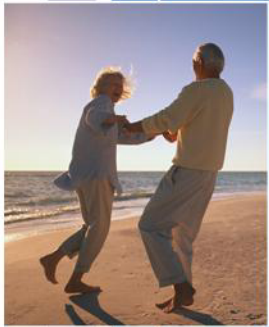
Less pain, faster recovery

A new minimally invasive treatment for herniated discs uses water. It's called **HydroDiscectomy™** (hi-dro-DISK-eck-toe-me). It can be performed as an outpatient procedure — and you may be able to go home the same day.

HydroDiscectomy uses a waterjet stream, which provides benefits over other procedures. It uses a small puncture, which means you'll experience less pain and a faster recovery than with open surgical methods.

Benefits

- Outpatient procedure
- Less pain
- Back to work quickly
- Fast recovery
- No general anesthesia
- No hospital stay



HydroCision®

The Leader in Hydrosurgery™

HydroDiscectomy™

Using the power of water to wash away back pain

HydroCision is a leading developer, manufacturer, and marketer of Fluidjet surgical tools since 1994. The **HydroCision HydroDiscectomy System™** was introduced in 2004. The system allows physicians to perform discectomies on contained herniations with great precision, safety and speed.

www.hydrocision.com

Using the power of water to

Wash away back pain



HydroDiscectomy™

*A revolutionary way to
treat herniated discs*

*Ask your physician if
it's right for you.*

HydroDiscectomy™ Using water to wash away back pain

Modern treatment for herniated discs

HydroDiscectomy is a minimally invasive procedure that uses a high-speed water stream to remove herniated disc tissue, relieving the nerve pressure that causes back and leg pain.

How does it help?

HydroDiscectomy removes damaged or protruding spinal disc tissue. Spinal discs are the cushioning tissue that lie between the vertebrae, or spinal bones. When the outer wall of the disc (the annulus) becomes damaged or weakened through age or injury, the inner part of the disc (the nucleus) may bulge out.

This is called **disc herniation**, disc prolapse, or a “slipped” disc. Procedures that remove this protruding tissue, relieving the pressure on the nerves, are known as discectomy.

About HydroDiscectomy

HydroDiscectomy can be performed by neurosurgeons, orthopedic surgeons and back specialists who are familiar with discectomy techniques. It may be done in a hospital, outpatient surgery center or pain management center.

HydroDiscectomy uses a high-velocity fluidjet instrument called SpineJet to cut and remove degenerated disc tissue, relieving the herniation.

HydroDiscectomy uses waterjet technology to quickly remove herniated discs with little pain.



The SpineJet instrument tip is less than 3.5mm wide.

Before the procedure

Your physician may perform x-rays, magnetic resonance imaging (MRI) or computed tomography (CT scan) to determine the location and severity of your herniated disc. Only discs that have not ruptured into the spinal canal may be treated with HydroDiscectomy. If you have a narrowing of the spinal canal (spinal stenosis), HydroDiscectomy may not be possible.

You may need to avoid certain medications and herbal remedies before your procedure. Your physician will advise you of preoperative procedures.

During the procedure

HydroDiscectomy is performed using a fluoroscope, which is a machine that projects live x-ray pictures onto a monitor. This allows the physician to place the SpineJet device within the spinal disc without using a large incision. The procedure may be performed using a local anesthesia (so you may remain awake).

The physician will insert the SpineJet device by dilating a tiny hole in the disc wall. Once the device is in place, the water-jet action works to quickly remove the herniated disc tissue. The entire procedure takes 30-45 minutes.

After the procedure

- In most cases, you will be able to go home the same day as your procedure.
- Plan on bed rest with gentle stretching for several days.
- You may need over-the-counter or prescription pain medication for several days.



Outpatient surgery means a faster recovery.

- You may be able to return to work in 2-3 days, depending on your job.
- You should avoid long periods of sitting, as well as bending, twisting and lifting for several weeks.
- You may be able to start a stretching or physical exercise program after about a week.

Everyone recovers from surgery at a different rate. Your physician will provide an after-care plan that is best suited to you.

Who is a good candidate?

You may be a good candidate for HydroDiscectomy if:

- The disc is bulging and the material inside the disc (nucleus) has not ruptured into the spinal canal.
- Symptoms are severe and disabling.
- Pain has not improved after four or more weeks of non-surgical treatment.
- You have signs of nerve damage in the leg (severe weakness, loss of coordination, loss of feeling).
- Symptoms are getting worse.
- You are not a candidate for open discectomy.

Consult your physician to determine what treatment options are right for you.