



## DISCECTOMY AND NEUROLOGIC DECOMPRESSION (DND) “BAND AID” DISC SURGERY

There is a new option for patients suffering from back (radicular) pain due to contained disc herniations, especially for those who have failed conservative treatments and are interested in trying minimally invasive options prior to considering traditional back surgery.

### What is a DND?

A Discectomy and Neurologic Decompression (DND) is a minimally invasive spine procedure designed to eliminate back pain caused by bulging or herniated discs. The procedure is a lower-risk treatment option for neck and back pain and this may eliminate the need for traditional surgical intervention.



### What type of pain can be treated?

Back pain and radicular pain due to a contained disc herniation or bulge.

### How does the procedure work?

A decompressor discectomy probe is inserted into the damaged disc to remove disc material which may relieve painful pressure of the disc on surrounding nerves.

### Will the procedure hurt?

There should be little pain associated with the DND procedure. This advancement in technology only requires a small needle to be placed through the skin, similar to a single injection.

### How long does the procedure take?

Depending on the number of disc levels and the parts of the spine being decompressed (the procedure can be performed on Cervical, Thoracic and Lumbar discs during a single anesthetic event), the DND can take from 20 minutes for a single level up to an hour for a Cervical and Lumbar DND done together.

### Can my pain be cured?

In many cases, the patient's pain is eliminated. In most cases, the procedure followed by appropriate follow-up care can reduce the pain to tolerable levels.

### What do I need to do before my procedure?

- Notify your physician of all of your current medications and daily dosage amounts including: blood thinners, (ex. Coumadin, Plavix, lovenox, etc.), vitamins, and herbal supplements.
- Notify your physician of any of the following: medication or iodine allergies, current infections, high blood pressure, asthma, diabetes, or abnormal conditions that you are experiencing including colds or respiratory problems.
- Do not take aspirin or ASA containing products (including Alka-Seltzer or Pepto-Bismol) for 5 days prior to your procedure.
- Do not take herbal remedies including ginkgo biloba for 5 days prior to your procedure.
- Do not take NSAIDS (such as ibuprofen) for 3 days prior to your procedure.
- Do not eat or drink after midnight on the day prior to your procedure. You may take necessary medications with a sip of water.
- Arrive at least 1 hour prior to your scheduled procedure time.

Se Habla Español  
Call 770-800-HELP (4357)  
neurospineatl.com



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### What can I expect the day of the procedure?

You will be admitted to an exam area and will be asked to change into a surgical gown. An I.V. will be started to administer conscious sedation medications. The procedure will be performed under fluoroscopy (live x-rays) to verify the positioning of the probes during the procedure. A portion of the disc material will be removed to reduce the pressure on the surrounding nerves.

### What can I expect after the procedure?

- You will be placed in a recovery bed with continuous monitoring for a short period of time.
- You will need transportation home from the surgery center. Ask our staff if you need assistance and we can arrange transportation for you.
- Prescriptions for post-procedure therapy, medications and follow-up instructions will be reviewed with you by a member of the surgery center staff or your doctor.

### When you get home:

- Periodically apply ice on the treatment area 1 to 2 hours per day for 3 days.
- Plan on bed rest with gentle stretching for 1 to 3 days.
- Limit sitting or walking to less than 30 minutes for 1 to 3 days.
- Limit driving, bending, stretching, and lifting (limit overhead lifting if a cervical DND was performed) to weights of less than 10 pounds for 3 days.
- Plan on taking the prescribed pain management and anti-inflammatory medications for 3 to 30 days (or until you finish your prescription).
- Plan on a slow return to your normal routine.
- After 7 days, a stretching program should begin under the direction of your physician, physical therapist or chiropractor.
- Recovery time varies with each patient.
- Notify your doctor immediately should you experience an increase in your pain level.

Patient: \_\_\_\_\_  
Date \_\_\_\_\_

Medical Staff: \_\_\_\_\_  
Date \_\_\_\_\_

