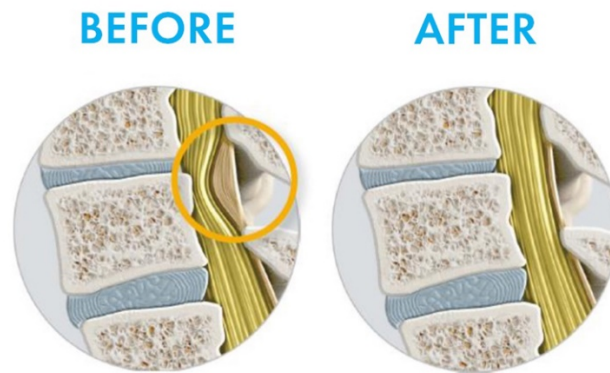


EMORY PAIN CENTER

MILD Procedure (Minimally Invasive Lumbar Decompression)

What is the MILD procedure? The MILD procedure, which stands for Minimally Invasive Lumbar Decompression, is a minimally invasive treatment option for individuals with lumbar spinal stenosis. Lumbar spinal stenosis is a condition characterized by the narrowing of the spinal canal in the lower back, causing compression of the spinal nerves. The MILD procedure aims to alleviate pain and increase mobility by removing small portions of bone and tissue to relieve pressure on the affected nerves.



What are the indications for the MILD procedure? The MILD procedure is typically recommended for individuals with symptomatic lumbar spinal stenosis who have not experienced significant relief from conservative treatments such as physical therapy, pain medications, or epidural steroid injections. Symptoms of lumbar spinal stenosis may include lower back pain, leg pain, numbness, tingling, and difficulty walking or standing for prolonged periods.

How is the MILD procedure performed? The MILD procedure is usually performed on an outpatient basis under local anesthesia or mild sedation. During the procedure, a small incision is made in the lower back. Using specialized tools and guidance from imaging techniques, the physician removes small portions of bone and tissue that are causing compression on the spinal nerves. This helps to increase the space within the spinal canal and relieve pressure on the nerves. The procedure typically takes less than an hour.

What are the benefits of the MILD procedure? The MILD procedure offers several potential benefits for individuals with lumbar spinal stenosis. These include:

1. Minimally invasive: The procedure involves small incisions and uses specialized tools, resulting in less tissue damage, reduced scarring, and a quicker recovery compared to traditional open surgery.
2. Pain relief: By decompressing the spinal nerves, the MILD procedure can provide relief from lower back and leg pain caused by lumbar spinal stenosis.
3. Improved mobility: Alleviating the pressure on the spinal nerves can lead to increased mobility and the ability to perform daily activities with less pain and discomfort.
4. Quick recovery: Since the MILD procedure is minimally invasive, the recovery time is generally shorter compared to traditional open surgery, allowing individuals to resume normal activities sooner.

What are the potential risks or side effects of the MILD procedure? The MILD procedure is considered safe, but like any medical procedure, it carries some risks. Potential risks and side effects may include infection, bleeding, nerve injury, adverse reactions to anesthesia, or unsatisfactory results. Your healthcare provider will discuss the potential risks and benefits with you before the procedure.

What should I expect after the MILD procedure? After the MILD procedure, you may experience some soreness or discomfort at the incision site. Your healthcare provider will provide instructions for post-procedure care, including pain management, wound care, and activity restrictions. You may be advised to avoid strenuous activities for a certain period and gradually increase your activity level as tolerated. Follow-up appointments will be scheduled to monitor your progress and address any concerns you may have.