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Lumbar Back Pain Journey



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Lumbar Back Pain
Treatment Journey



Your Journey with the MILD Procedure

What is the MILD Procedure?

The Minimally Invasive Lumbar Decompression (MILD) procedure helps treat lumbar spinal stenosis, a condition where the spinal canal narrows and puts pressure on nerves. This often causes pain, numbness, or weakness in the lower back and legs, especially when standing or walking.

What Causes Lumbar Spinal Stenosis?

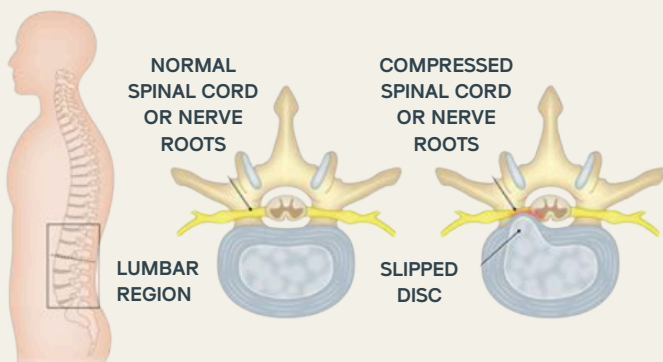
Spinal stenosis can happen due to:

- Thickened ligaments.
- Bulging discs.
- Bone overgrowth.

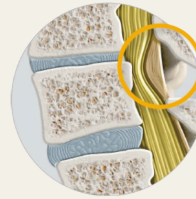
A common cause is ligamentum flavum hypertrophy, where the ligament thickens and compresses nearby nerves.

Symptoms may include:

- Lower back and leg pain.
- Difficulty standing or walking for long periods.
- Relief when sitting or bending forward.

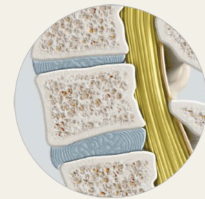


BEFORE



Excess ligament causes pressure on the nerves in the lower back.

AFTER



Similar to “removing a kink in a drinking straw,” mild reduces the compression to restore mobility and relieve pain.

How the MILD Procedure Works

The MILD procedure is a minimally invasive outpatient treatment, meaning you can go home the same day.

Step-by-Step Process:

1. **Tiny Incision:** A small cut is made in your lower back (about the size of a pencil tip).
2. **Guided Access:** A thin tube is inserted using X-ray guidance.
3. **Tissue Removal:** Special tools remove part of the thickened ligament to create space for the nerves.
4. **No Implants:** No screws, rods, or hardware are used.

Who is a Good Candidate?

The MILD procedure may be right for you if you have:

- Spinal stenosis confirmed by MRI or CT scan.
- Pain that worsens with standing or walking.
- Tried other treatments (like therapy or medications) with little relief.
- No severe spinal instability needing major surgery.

Your Step-by-Step Care Plan

Step 1: Initial Evaluation

- Discuss your symptoms and medical history.
- Review MRI or CT scan to confirm lumbar spinal stenosis.

Step 2: Try Conservative Treatments First

- Physical therapy, medications, or injections for at least 6 months.
- If symptoms persist, MILD may be the next step.

Step 3: Confirming Candidacy for MILD

You may be a good fit if:

- Imaging shows spinal stenosis.
- Pain worsens with standing or walking.
- Other treatments didn't work.

Step 4: Preparing for the Procedure

- Avoid eating or drinking for a few hours before.
- Arrange for someone to drive you home.
- Wear loose, comfortable clothes.

Step 5: The Procedure

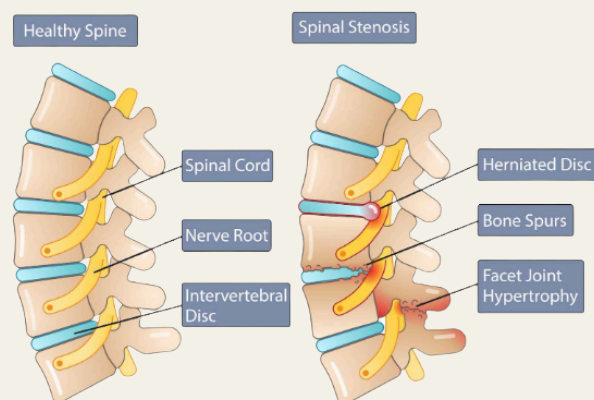
- A small incision is made.
- Thickened ligament is carefully removed using special tools.
- Takes about 60–90 minutes.
- No implants or hardware are used.

Step 6: Recovery

- Go home the same day.
- Resume light activities within a few days.
- Return to normal activities in 1–2 weeks.

Step 7: Follow-Up Care

- 2 weeks: Check the incision and early progress.
- 3 months: Assess pain relief and mobility improvements.



MILD Procedure FAQs

What happens at my first appointment?

- The doctor will review your symptoms and medical history.
- A physical exam will check your mobility and pain levels.
- Your MRI or CT scan will be reviewed (or a new one may be ordered).

How long does the MRI review take?

Reviewing your MRI typically takes 15–30 minutes.

How is my condition diagnosed?

The doctor will confirm if your pain is due to lumbar spinal stenosis, focusing on whether a thickened ligament is causing nerve compression.

What determines my next steps?

- If spinal stenosis is confirmed: Start with therapy and medications.
- If conservative treatment doesn't work: MILD may be considered.
- If instability or other issues are found: You may be referred for other treatments.

How do I prepare for the procedure?

- Follow fasting instructions from your doctor.
- Arrange for a ride home.
- Wear loose clothing for comfort.

How long does the procedure take?

The MILD procedure usually takes about 60–90 minutes.

Will it hurt?

The procedure is done with local anesthesia, so you shouldn't feel pain. You may have mild soreness afterward, which should fade quickly.

Do you use anesthesia?

Yes, local anesthesia and mild sedation are used to keep you comfortable.

What are the potential side effects?

Mild soreness or discomfort at the incision site. Rare risks include infection, bleeding, or nerve injury.

How long is recovery?

- Same day: Go home after the procedure.
- 1–2 days: Resume light activities.
- 1–2 weeks: Return to normal routine

When will I feel better?

Some patients feel relief within days to weeks. Full results may take a few months as swelling reduces and nerves heal.

How many follow-ups will I need?

You'll have at least two:

- 2 weeks: To check your incision and early relief.
- 3 months: To assess long-term improvement.

What happens at follow-ups?

- The doctor will check your recovery progress and mobility.
- Imaging may be reviewed if needed..