

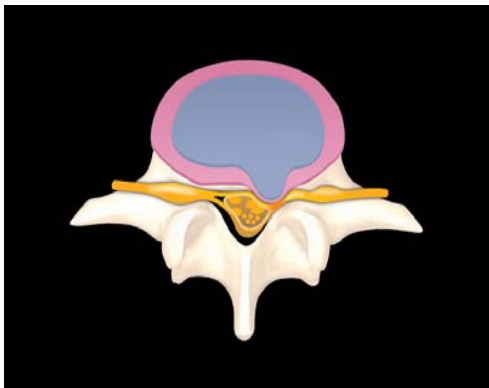
## What is Nucleoplasty?

Nucleoplasty represents a significant advance in the treatment of patients suffering from contained herniated disc.

Nucleoplasty is a minimally invasive technique that allows the pain specialist to remove herniated disc material *without* the need for invasive surgery.

Nucleoplasty is usually performed on an outpatient basis. Local anesthesia and mild sedation are used to reduce discomfort during the procedure. With the guidance of X-ray images, your physician will first advance a needle into the disc. A specialized disc removal device is then introduced through the needle and into the herniated disc.

Your physician then utilizes carefully controlled radio waves to remove herniated disc material which helps relieve the pressure and nerve root irritation responsible for the pain. The procedure should take less than an hour.



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## How does the procedure work?

Like a surgical discectomy, nucleoplasty stops back pain which radiates into the legs by removing herniated disc material that is putting pressure on a nerve. The advantage of nucleoplasty over surgical discectomy is that in selected patients, the patient can achieve the same results without the need for a surgical incision. Nucleoplasty is a safe and straightforward outpatient procedure that is performed under local anesthetic and light sedation. Instead of a scalpel, the doctor inserts a special needle into the herniated disc and uses radio waves to dissolve the disc and remove pressure from the nerve.

## What are the benefits of nucleoplasty?

DISC Nucleoplasty is performed 'percutaneously' (through the skin) via a small needle, resulting in minimal pain and faster recovery times. The difference between DISC Nucleoplasty and other methods of disc decompression is that this new technology allows the physician to combine tissue removal with thermal treatment to achieve disc decompression quickly and efficiently. Nucleoplasty has been used successfully in over 2 million procedures since its introduction in arthroscopic surgery in 1995.

## Am I a candidate for nucleoplasty?

Nucleoplasty is a minimally invasive procedure designed for patients with contained herniated discs and the persistent pain associated with this condition. It is a fast treatment that requires only local anesthesia and a mild sedative. Recovery is rapid with no back bracing needed. In fact, a recent study found that 89% of patients were satisfied with the results of DISC Nucleoplasty.<sup>1</sup>

1. REFERENCE: CHEN YC, LEE SH, LAU E. PERCUTANEOUS DISC DECOMPRESSION: NUCLEOPLASTY FOR CHRONIC DISCOGENIC BACK PAIN WITH OR WITHOUT SCIATICA: A PRELIMINARY 6-MONTH FOLLOW-UP STUDY. STANFORD INTERVENTIONAL SPINE CENTER, STANFORD, CA.

*For most back pain sufferers, their back problems resolve quickly with the help of rest, therapy, nerve block or medication. For some people however, back problems caused by contained disc herniation are long term and debilitating and do not respond to conventional treatments.*

**LUCKILY, LONG-TERM RELIEF FROM LOW BACK PAIN IS AVAILABLE WITHOUT THE RISK, PAIN, AND EXTENDED RECOVERY TIME OF SURGICAL DISCECTOMY.**



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*A minimally invasive treatment for lower back pain caused by contained herniated discs*