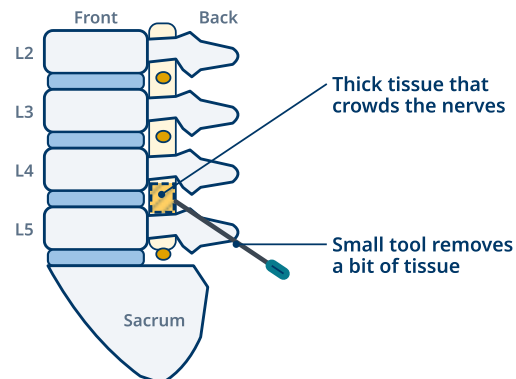


MILD Procedure

What it is

The MILD procedure is for spinal stenosis in the low back. Through a very small opening, the doctor removes a bit of thick tissue that crowds the nerves. This may make it easier to stand and walk.



Why it is done

- Lumbar spinal stenosis with a thickened ligamentum flavum on MRI or CT
- Leg pain or heaviness with standing or walking that eases with sitting
- Symptoms not adequately improved with conservative care

Self-care tips

- Rest the day of your injection. Most people return to light activity the next day.
- Ice on the site for 15 to 20 minutes may ease soreness.
- Keep a pain diary for 2 weeks to share with us.
- Keep taking your usual medicines unless we tell you otherwise.

What to expect

Before: We review your imaging to make sure this procedure fits your type of stenosis.

During: You get numbing medicine and light sedation. The doctor works through a very small opening in the back. It usually takes less than an hour.

After: Most people go home the same day with a small bandage. Walking is encouraged.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- A bad headache that is worse when you sit or stand

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/mild-procedure/



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This handout is general information and is not a substitute for medical advice.