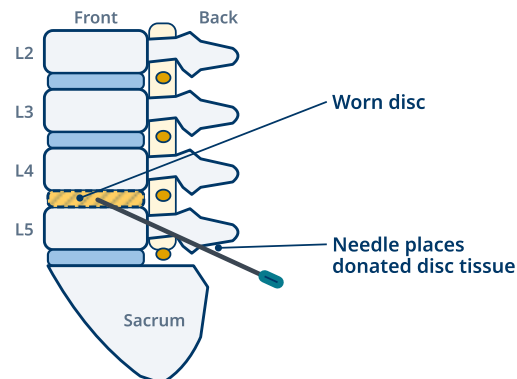


VIA Disc NP

What it is

VIA Disc NP is a treatment for some people with worn discs in the low back. Donated disc tissue is placed into the disc with a needle. The goal is to help support the disc.



Why it is done

- Chronic low back pain thought to come from one or more degenerated discs
- Pain that has not improved with conservative care
- Imaging findings consistent with disc degeneration

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 medicines, especially blood thinners, and any allergies. You may need someone to drive you home.

During: You lie on a table. The skin is numbed. Using X-ray, the doctor guides a needle into the disc and places the disc tissue.

After: You usually go home the same day. Follow your activity limits while the disc settles.

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/via-disc/



Scan for the full web page

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