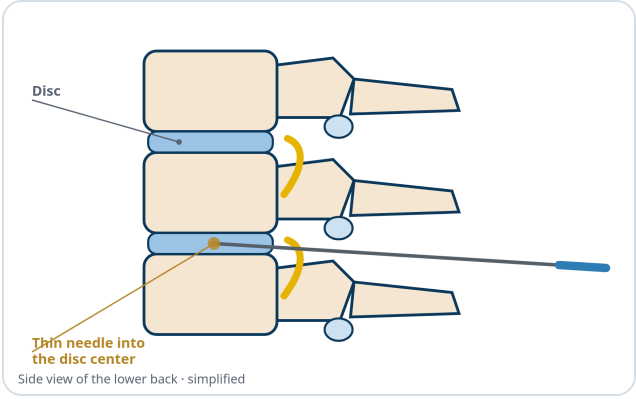
PATIENT BROCHURE · GARDEN STATE MEDICAL CENTER

VIA Disc NP

gardenstate MEDICAL CENTER

VIA Disc NP is a procedure in which processed donor (allograft) nucleus pulposus tissue is injected into a degenerated disc. It is intended to supplement the lost disc material. It is considered for selected patients with chronic low back pain thought to come from a degenerated disc. Research is ongoing, and coverage varies by plan.

At GSMC: all GSMC providers evaluate patients and help decide which options may fit, at any of our 7 offices. Results vary.



Side view of the lower back · simplified

What it is

Under X-ray guidance, a needle is placed into the center of the affected disc and the allograft material is injected. The procedure is performed on an outpatient basis.

Who it may help

- 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

Your exam and imaging decide whether this treatment is appropriate for you.

What to expect

1. **Before:** we review your medications (especially blood thinners), allergies and imaging. You may need a driver.
2. **During:** you lie on a procedure table, the skin is cleaned and numbed, and the physician uses X-ray (fluoroscopy) or ultrasound guidance to place the needle.
3. **After:** you are monitored briefly and usually go home the same day. Keep a pain diary so we can judge the response.

Recovery

Patients usually resume light activity within a few days, with gradual return to normal activities. Your instructions may differ.

Risks

Every procedure has risks. Your physician will review them with you, including:

- Increased pain temporarily
- Disc infection (discitis, uncommon)
- Bleeding
- Nerve injury (rare)

Questions people ask

Is VIA Disc NP a stem cell treatment? No. It uses processed donor disc tissue (allograft), not stem cells.

How long does the procedure take? Usually under an hour, and you go home the same day.

Is it covered by insurance? Coverage varies. We verify benefits and discuss costs before scheduling.

Insurance and cost

GSMC participates with all Aetna plans, including Aetna HMO, and many other plans. Coverage depends on your plan and may need prior authorization. Our team checks your benefits before treatment.

When to call us: fever or chills; redness, swelling or drainage where a needle or device was placed; new or worse pain, numbness or weakness. **Call 911** for chest pain, trouble breathing, or sudden loss of bladder or bowel control.

Call 732-202-3000

One number for all 7 GSMC offices:

Toms River · 1314 Hooper Ave, 1st Floor
Brick · 1608 NJ-88, Suite 102
Whiting · 1100 NJ-70, Entrance B
Barnegat · 249 S Main St, Suite 5
Manahawkin · 1109 Beacon Ave
Freehold · 322 Professional View Dr, 300 Bldg, 2nd Fl
West Long Branch · 100 NJ-36, Suite 1K

gsmedicalcenter.org/treatments/via-disc/

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