



See the video

## Mild® Procedure (Vertos Medical)

### Overview

This procedure treats lumbar spinal stenosis. That's a narrowing of the space around the spinal nerves in your lower back. The mild procedure makes more room for these nerves, relieving painful compression.

### Preparation

To begin, you lie face down. You are given medicine to help you feel relaxed. Your lower back is numbed. With the help of a fluoroscope (an x-ray device that shows video images), a needle is carefully guided into your spinal canal. Contrast dye is injected into this space. It shows a clear view of the compression.

### Procedure

Next, a small opening is made in your skin. The surgeon inserts a hollow tube (called a "portal") and carefully pushes it down to your spine. Thin instruments are placed through this portal. The surgeon uses them to remove small bits of bone and overgrown tissue from the part of your spine that forms the rear of your spinal canal. This relieves pressure in the spinal canal. It gives your nerves more room.

### End of Procedure

When the procedure is done, your skin is covered with a small bandage. You will be monitored for a brief time, and then you can go home. Your healthcare provider will give you tips to help your recovery.

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