

# mild® Procedure



## WHAT IS THE MILD® PROCEDURE?

The mild® (Minimally Invasive Lumbar Decompression) Procedure offers relief for individuals with lumbar spinal stenosis (LSS), a condition characterized by the narrowing of the spinal canal in the lower back, which leads to nerve compression and significant discomfort. This minimally invasive treatment targets the source of pain and aims to improve mobility, offering an early option when conservative therapies have failed to provide relief.

## HOW DOES IT WORK?

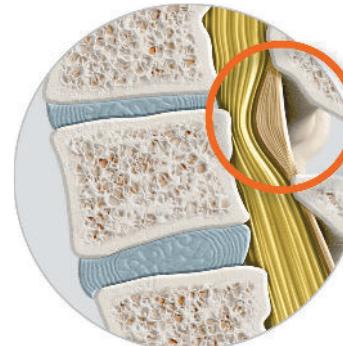
The mild® Procedure is an outpatient treatment that restores space in the spinal canal to help improve back and leg pain. Using specialized tools and imaging, mild® addresses a major root cause of LSS by removing excess ligament tissue through an incision smaller than the size of a baby aspirin, leaving no implants behind, just a Band-Aid.

mild® is a good option for people who want to avoid the risks and extended recovery time associated with more invasive spinal surgeries.

## WHO IS A GOOD CANDIDATE FOR THE MILD® PROCEDURE?

If you suffer from lumbar spinal stenosis and haven't found relief through conservative treatments, you may be a candidate for the mild® Procedure if:

- You have been diagnosed with lumbar spinal stenosis (LSS).
- You feel pain in your lower back, legs, or buttocks when you stand or walk.
- Your pain improves when you bend forward, sit, or lie down.



Before mild®



After mild®

## WHAT TO EXPECT?

- 1** One of our pain specialists will evaluate you to determine if you are a good candidate for the mild® Procedure. If your condition is deemed suitable, you may need to undergo pre-operative tests to ensure you are ready for the procedure.
- 2** To prepare for the procedure, you will be required to fast for 12 hours and arrange transportation to and from the surgery center, as driving is not permitted after the procedure. If you are on blood thinners or NSAIDs, our team will provide guidance on when to stop these medications.
- 3** Upon arrival at the surgery center, our staff will assist you in changing into a surgical robe and begin preparing you for the procedure. Our board-certified anesthesiologists use sedation to ensure you remain comfortable throughout the procedure.
- 4** The entire procedure is performed through a single tiny incision in your lower back. Using an imaging machine and specialized tools, your Nura provider will remove bone and thickened ligaments to restore space in the spinal canal, reducing nerve compression. The procedure usually lasts less than an hour.
- 5** After treatment, you will recover for a short time in our post-op area. Most people resume normal activity within 24 hours with no restrictions. Our team will provide you with a simple at-home physical therapy regimen to promote walking and core strength, allowing you to continue experiencing improvements in mobility over time.

## INSURANCE AND BILLING

The mild® Procedure is covered nationwide by Medicare (all ages, all plan types, including Medicare Advantage), the VA, the U.S. Military, and IHS. Coverage through commercial insurance providers may vary.

## IMPROVE YOUR QUALITY OF LIFE

**The mild® Procedure may help people diagnosed with lumbar spinal stenosis stand longer and walk farther — with less pain.**

