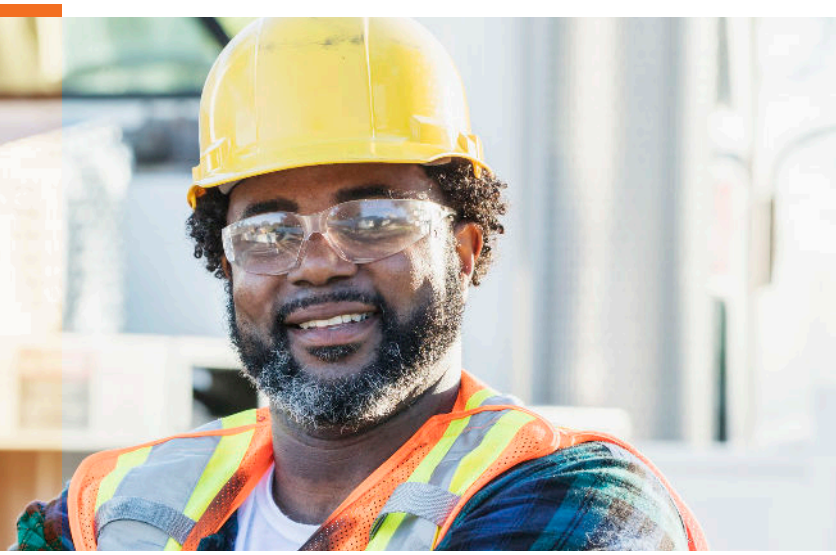
nura®
Precision Pain Management

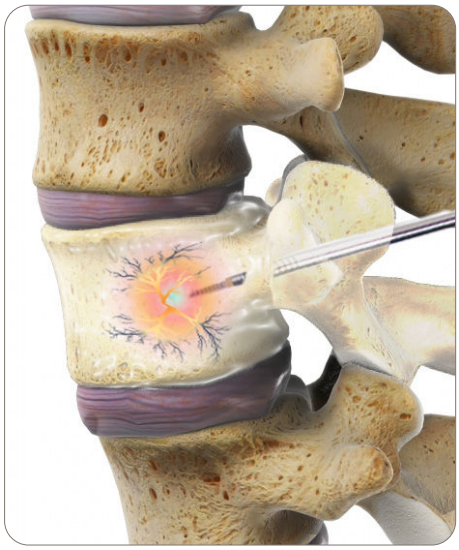
# Basivertebral Nerve Ablation



## *WHAT IS BASIVERTEBRAL NERVE ABLATION?*

Basivertebral nerve ablation is a minimally invasive procedure used to treat chronic low back pain. It targets the basivertebral nerves, which are small nerves inside your spine that send pain signals from the vertebrae (the bones in your back) to your brain. These nerves are located near the vertebral endplates—thin layers of cartilage and bone that sit between each vertebra and the discs that cushion them.

When these endplates become irritated or damaged—often from everyday wear and tear—they can trigger ongoing pain. By interrupting pain signals from the nerves in this area, basivertebral nerve ablation may provide lasting relief.



## *HOW DOES IT WORK?*

During the procedure, a small probe is guided into the affected vertebrae. Using radiofrequency energy, the probe targets the basivertebral nerves to stop them from sending pain signals.

Because it's minimally invasive, this procedure typically involves smaller incisions and less body trauma than traditional open surgeries. This can lead to quicker recovery times, reduced post-operative pain, and a lower risk of complications.

## *WHO IS A GOOD CANDIDATE FOR BASIVERTEBRAL NERVE ABLATION?*

Not all people with chronic low back pain are candidates for this procedure. The procedure is typically considered when conservative treatments, such as physical therapy, medications, and injections, have not provided sufficient relief, and the pain is believed to originate from the vertebral endplates. Your doctor will review your MRI and overall health to determine if this treatment is right for you.

It's important to recognize that the extent of pain relief may vary from person to person, and the procedure may not provide complete or permanent relief for everyone.

## *WHAT TO EXPECT?*

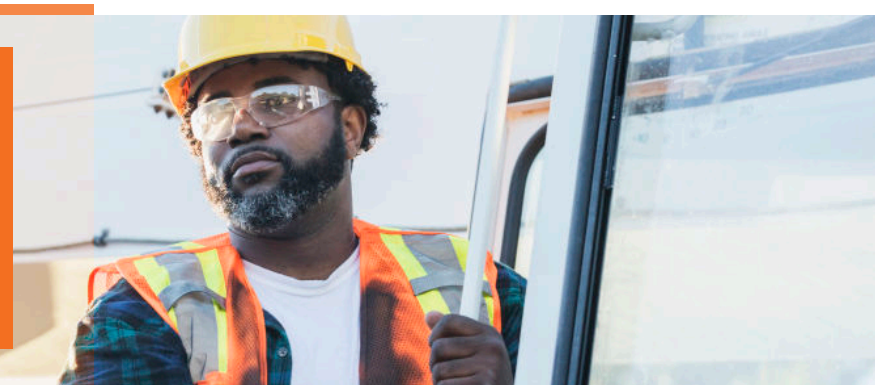
1. One of our pain specialists will evaluate you to confirm that your chronic low back pain originates from the vertebral endplates and that conservative treatments have not provided sufficient relief. Imaging techniques such as MRI or CT scans will be used to identify the affected vertebrae and the location of the basivertebral nerves.
2. Our team will provide instructions to help you prepare for your appointment. The procedure is performed in our outpatient surgery center under local anesthesia.
3. During the procedure, a specialized probe is inserted through a small incision into the affected vertebrae. Based on imaging, the probe is guided to the precise location of the nerves sending pain signals. Once in place, controlled radiofrequency energy is delivered to the basivertebral nerves. This energy heats the nerves and effectively disrupts their function, preventing them from sending pain signals to the brain.
4. You may be asked to provide feedback—such as describing any sensations—during the procedure to confirm that the right nerves are being treated. Additionally, specialized monitoring equipment may be used to ensure that the appropriate nerves have been treated.
5. After the procedure, the probe is removed, and the small incision is typically closed with a few stitches or adhesive strips.
6. You will be monitored briefly in our recovery area until you are cleared to go home. Some soreness at the site of the procedure is common but usually resolves within a few days. Daily activities can typically be resumed without much delay.

## *INSURANCE AND BILLING*

Your eligibility for this procedure depends on the benefits outlined by your insurance provider.

## *IMPROVE YOUR QUALITY OF LIFE*

**Relief from low back pain can significantly improve your overall quality of life, helping you return to work, physical activities, and daily routines without chronic discomfort.**



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