

Protocol

Percutaneous Laser Disc Decompression (PLDD)

Before surgery:

Fasting food for at least 7 hours.

During Surgery:

Is required use ionic contrast to discography

Lumbar spine

- **Anaesthesia:** local anaesthesia with xilocaine 1% or 2%
- **Wavelength:** 980nm
- **Mode:** pulse mode.
- **Shots:** 0.6 seconds (600ms) shooting and 2 seconds rest
- **Total energy in each disc:** 1000J until 1200J
- **Probe:** Kit PLDD 400m
- **Power:** 10W until 12W

Cervical spine

- **Anaesthesia:** local anaesthesia with xilocaine 1% or 2%
- **Wavelength:** 980nm
- **Mode:** pulse mode.
- **Shots:** 0.6 seconds (600ms) shooting and 2 seconds rest
- **Total energy in each disc:** 800J until 1000J
- **Probe:** Kit PLDD 400m
- **Power:** 8W until 10W

After surgery:

- **What normally happens:**
- **Bandage:** not is necessary
- **Pain killer:** Ibuprofen 600 if nessecary and cold compress
- **Sports:** Return to normal activities after medical evaluation.