

Protocol

Percutaneous Laser Disc Decompression (PLDD) – 1470nm

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:** 1470nm
- **Mode:** pulse mode.
- **Shots:** 1 second shooting and 1 second rest
- **Total energy in each disc:** 200J
- **Probe:** Kit PLDD 400m
- **Power:** 5.5W until 7W
- Hydration with xylocaine in half treatment (when 100J)

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.