

Patient Information Sheet about the MILD™ procedure

Purpose of MILD procedure: To relieve pain due to lumbar stenosis.



Through an incision the diameter of a pencil, the physician uses an image-guided device to restore space in the spinal canal and relieve pressure on the nerves.

Cause of Spinal Stenosis: Lumbar spinal stenosis results from a narrowing in the lower (lumbar) spinal canal caused by the growth of bone or tissue. As this space in the lower spinal canal shrinks, increasing pressure is placed on the nerves that go through it to the legs. This pressure causes pain, numbness or weakness in the lower back, buttocks, legs and feet.



Symptoms of Spinal Stenosis: Low back/buttock pain with or without leg pain worsens with walking/standing limiting activity relieved by sitting or bending forward such as leaning on kitchen counter or shopping cart.

Diagnosis of Spinal Stenosis: MRI evidence of spinal stenosis with ligamentum flavum thickening (do not rely on radiologist report)

Treatment options for Spinal Stenosis: In the past, after failing conservative therapy, patients were referred for surgical decompressive laminectomy that may then require spine fusion. Fusion is necessary when removal of supporting structures during the open decompression causes instability of the spine.

Ideal Candidate for the MILD procedure: Has completed conservative care such as: physical therapy, acupuncture, exercise, chiropractic treatments. In addition, the patient should have tried a course of epidural steroid injections without adequate relief of pain.

MILD Procedure: Under local anesthesia and minimal sedation, a tube the diameter of a pencil is placed in the back down to the outside of the spine. This allows the doctor to stay outside the spinal canal while removing tiny pieces of tissue and bone that are pressing on the nerves. For many people this removes the source of the pain. The MILD requires only an adhesive bandage for closure.

Safety of the MILD procedure: Clinical studies have shown no major adverse events or complications. Unlike open spinal procedures, there have been no blood transfusions or bleeding problems and there have been no reports of nerve injury, spinal membrane punctures, infections, or readmissions to the hospital for any delayed complications.

Effectiveness of the MILD procedure: About 70% of MILD patients show 50-70% improvement both in pain scores and improvement in quality of life. This is about the same improvement seen with open spinal procedures.

Summary: Patients with lumbar stenosis who before needed open surgery, an invasive pump, or stimulator can now try MILD with an excellent chance of improvement with much less risk than was ever thought possible.

For more information about getting the MILD procedure done in the greater Kansas City area, see our website: www.kcpaincare.com



Daniel Bruning, M.D.



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