

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, leading to nerve compression and substantial discomfort. This minimally invasive treatment targets the source of pain and aims to improve mobility, offering an early option when conservative therapies fail to deliver relief.

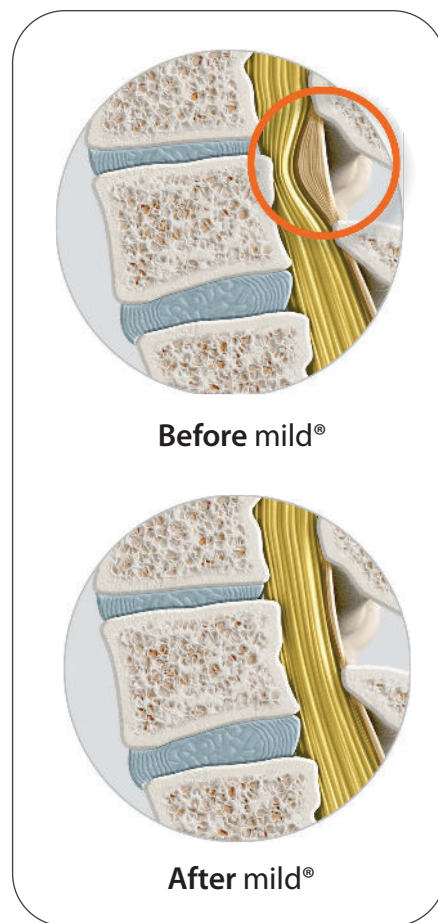
HOW DOES IT WORK?

The mild® Procedure is an outpatient treatment solution 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 thickened ligaments through an incision smaller than the size of baby aspirin, leaving no implants behind, only a Band-Aid. The procedure is particularly beneficial for those 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 upright.
- Your pain or discomfort is relieved when you bend forward, sit, or lie down.



WHAT TO EXPECT?

- 1 One of our pain specialists will evaluate you to see 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 post-procedure is not permitted. 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 the prep work for your 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 doctor 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 Nura team will likely provide you with a simple at-home physical therapy regimen to increase walking and core strength, allowing you to continue to experience 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.

