

**ASRA 2010 Annual Pain Medicine
Meeting and Workshops**

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Abstract Title:

mild® Procedure for the Treatment of Lumbar Spinal Stenosis: Procedure Description, Patient Selection and Comprehensive Safety Profile

Background:

(*mild*) is a minimally invasive treatment for pain relief from symptomatic lumbar spinal stenosis. Lumbar spinal stenosis (LSS) is a common problem that can be caused by many factors including ligamentum flavum hypertrophy. The *mild* technique provides removal of small but adequate amounts of ligament and lamina, avoiding the need for aggressive resection of bone and muscle, as well as surgical implants.

Objective:

To describe the *mild* procedure, imaging techniques, patient selection and to report on the comprehensive safety profile of this minimally invasive treatment.

Methods:

Safety of the *mild* procedure has been collected for approximately 300 *mild* patients. All patients were treated with the *mild* procedure for symptomatic lumbar spinal stenosis utilizing the manufacturer's Instructions for Use. *mild* is performed through a 5.1 mm Portal under fluoroscopic guidance, using light sedation. *mild* decompression can be performed unilaterally or bilaterally, at single or multiple levels. Fluoroscopic imaging in the contralateral oblique view helps position the layer of epidural contrast immediately deep to the inner table of the lamina, providing a visual margin of safety.

Results:

Data were collected and reviewed on approximately 300 symptomatic LSS patients treated with the *mild* procedure. To date, there have been no reports of *mild* device or procedure-related serious adverse events (dural tears, nerve root damage, hemodynamic instability, hematomas, blood transfusions or post-op spinal structural instability).

Conclusions:

The *mild* procedure is a safe method for the treatment of LSS. No serious device or procedure-related adverse events were reported in over 300 *mild* patients with follow-up ranging from acute to one year. This minimally invasive procedure allows decompression by removing small amounts of bone and tissue, with minor tissue disruption. *mild* offers an early LSS treatment option following failed conservative therapy. For those patients who either cannot tolerate or choose not to proceed to more invasive surgical treatment, *mild* treatment is an option.

Key Words:

Spine, decompression, fluoroscopy, *mild*, stenosis, ligamentum flavum