



ADHESIOLYSIS TREATMENT OR CATHETER-BASED TREATMENT

Definition: Adhesiolysis Treatment or Catheter-Based Treatment involves breaking up scar tissue around nerves or shrinking/reducing swelling around a disc. This is done through a catheter and involves no incisions. Usually this is done for pain not resolved by back or neck surgery, but can be used for back pain or sciatica from herniated, bulging or degenerated discs.

Reasons for Treatment: Experience and medical studies have shown this to be effective in relieving pain in the back, buttocks and/or in the legs; also neck and arm.

Procedure: : The treatment area is usually near the tailbone but can be in the neck area. A catheter will be guided, using an X-ray machine (C-Arm Fluoroscopy), into an area needing treatment in either the neck or the back. The scarred/inflamed area will be identified with dye. The area will be bathed with solutions to shrink the swollen nerves and break up scar tissue around nerves, thus promoting the healing process. If you receive intravenous anesthesia/sedation, the procedure should be relatively painless. There may be soreness at the injection site, to which you should apply ice 15 minutes on and 1 hour off for the first day. You will be discharged about one hour after the procedure and given discharge instructions. You may have numbness for several hours in your leg and bladder area, or your arm if the neck was treated. We will answer any questions you may have and make an appointment for your next visit. Our physicians are on call 24 hours a day. If you have a problem, please contact Headache & Pain Center.



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