

## Understanding Your Diagnosis

**Lumbar Spinal Stenosis (LSS)** occurs when the spinal canal narrows, often due to a thickened ligament (ligamentum flavum). This puts pressure on the nerves in your lower back, causing pain, heaviness, or numbness in your legs that worsens when standing or walking—a condition known as **neurogenic claudication**.

## The Treatment: Minimally Invasive Lumbar Decompression (MILD)

MILD® is a safe, minimally invasive procedure designed to restore space in the spinal canal. Without the need for general anesthesia or stitches, Dr. Pugh uses specialized tools to remove small pieces of excess ligament and bone through a tiny incision. By "unclogging" the canal, we address the root cause of your pain and help you walk farther and stand longer.

## Our Approach: Minimally Invasive Precision

At Abilene Pain, our independent practice offers evidence-based alternatives to invasive spine surgery. Using Live X-Ray (Fluoroscopy), Dr. Pugh ensures maximum precision and safety. The procedure has a safety profile similar to an epidural injection but provides lasting functional results.

### Procedure Day Highlights:

- Performed under Live X-Ray for continuous safety monitoring.
- Local numbing and light sedation are used for your comfort.
- The procedure typically takes less than an hour.
- This is an outpatient procedure; you will go home the same day.

## Benefits

- **Lasting Relief:** Significant long-term improvement in standing and walking distance.
- **Minimally Invasive:** No stitches, no general anesthesia, and no hardware left behind.
- **Rapid Recovery:** Most patients return to light activity within 24 hours.

## Recovery

- **Activity:** Resume light, indoor activity immediately; most patients resume regular activities within a day.
- **Wound Care:** The incision is closed with a simple adhesive bandage; keep the area clean and dry for 2 days.
- **Follow-Up:** A visit will be scheduled in 7–10 days to monitor your progress.

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### Procedure Summary: MILD

You have undergone a MILD® (Minimally Invasive Lumbar Decompression) procedure, a specialized treatment designed to address neurogenic claudication caused by Lumbar Spinal Stenosis. Through a tiny incision, we have removed small pieces of excess ligament and bone to "unclog" your spinal canal and relieve pressure on your lower back nerves. This procedure was performed to help you walk farther and stand longer without the heavy, aching leg discomfort.

### Activity Restrictions

- **Driving:** No driving or operating machinery for 24 hours (post-anesthesia safety).
- **Lifting:** Limit lifting/pulling/pushing to <15 lbs for 7 days.
- **Exercise:** No strenuous activity, impact sports, or excessive twisting for 1 week. Walking is encouraged.

### Wound Care

- **First 24 Hours:** Keep bandages clean and dry.
- **Showering:** Permitted after 24 hours. Remove bandages first; pat sites dry.
- **Submersion:** No baths, pools, or hot tubs for 7 days until incisions are fully closed.

### Pain Management Expectations

- **The Relief:** Many patients notice an improvement in standing and walking distance within days as the spinal nerves recover.
- **Site Soreness:** You may feel mild localized soreness or a "bruised" sensation around the tiny incision for 2–5 days.
- **Management:** Use ice packs (20 min on/off) for localized soreness and resume baseline medications.
- **Medication:** You may resume NSAIDs and Aspirin immediately post-procedure.

### Red Flags

- New or worsening leg weakness, numbness, or "foot drop."
- Sudden loss of bowel or bladder control.
- **Fever** >101.5°F, chills, or **drainage at the incision site.**
- **Severe headache** that worsens when sitting or standing.

### Follow-Up Schedule

- **2 Weeks:** Wound check and post-operative review.
- **3 Months:** Formal functional assessment of procedural efficacy.

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