

Some estimates are that back pain affects approximately one third of the adult population. For some patients the pain subsides after a few months or with conservative treatment such as bed rest, or anti-inflammatory medication. For others the pain becomes chronic (lasting longer than six months) and can involve more invasive treatments, including spinal surgery. Disc biacuplasty is an alternative solution to manage discogenic back pain, and may even be an alternative to back surgery in some cases.

## How long does the procedure take?

Because the procedure is minimally invasive, it takes approximately 30 minutes to treat a painful disc. It is performed as an outpatient procedure, does not involve general anesthesia, and most patients go home shortly after the procedure.

## Is the procedure safe?

Disc biacuplasty has been extensively studied. It is a safe method that may offer a minimally invasive method to treat discogenic back pain.

Find more information, visit our Web site

[www.transdiscal.com](http://www.transdiscal.com)

*Baylis Medical is a world leader in the development and distribution of high-technology pain management products. We conceive, innovate, develop, manufacture, and sell state-of-the-art medical products used around the world. Baylis Medical operates under the ISO 13485:2003 approved quality system.*



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# Chronic Pain



# DISC BIACUPLASTY

may be a solution  
for your chronic back pain



## What is disc biacuplasty?

*Disc biacuplasty* was developed by Baylis Medical using the TransDiscal™ system to help treat chronic low back pain originating in the spinal disc. This condition, also known as discogenic pain, is treated using radiofrequency technology to safely and reliably deactivate the nerves that may be responsible for the pain. During the procedure, the patient lies on a table and is mildly sedated, and the area to



be treated is numbed. Two probes are placed into the disc through introducer needles, and the disc is treated with gentle warming by radiofrequency waves. After 15 minutes, the probes and needles are removed and a bandage is placed over the treatment site. Disabling the nerves in the disc can potentially reduce your discomfort.

## Who can benefit from this treatment?

If you have chronic discogenic back pain, you may benefit from disc biacuplasty. However, only a qualified physician can properly diagnose you, and suggest appropriate treatments. Talk to your pain management physician to see if biacuplasty is right for you.

## What do I do after the procedure?

Because the procedure is minimally invasive, recovery can be fairly quick for most patients. However, you may be groggy from the sedative used during the procedure; and therefore require a responsible adult to drive you home afterwards.

After the procedure patients normally will be sore at the treatment site, but should expect to feel some pain relief within 1-2 weeks. This is to be expected because the insertion of the needles may cause inflammation, and the heat from the treatment may cause some short-term tenderness. You should rest, avoid sitting and driving for long periods of time in the first week of your recovery. Your doctor may also prescribe a brace and other methods, such as physical therapy, that should be followed to prevent injury.

## Are there any complications?

As with any other minimally invasive disc treatments, side effects of disc biacuplasty are relatively rare. They could include infection,



inflammation and tenderness at the site. Side effects are often mild, and most patients generally feel better within a few days after the procedure. If you experience side effects such as severe pain at the site of the needle insertion, severe headache, or swelling you should immediately contact your doctor.

## When can I return to normal activity?

Total rest is strongly recommended for the first week after the procedure. It is not advised to drive or sit for longer than 15 minutes at a time during this time. After two to three weeks light exercise and stretching can be done to regain strength.

If your work is sedentary you may return to work in roughly two weeks. For physically demanding jobs your physician will decide when and if it is okay to return to work.