

# Percutaneous Plasma Discectomy (PPD)

This handout provides information about what you might expect to happen following a PPD. It is provided as a general guide and does not replace specific medical advice, which should be sought if you have concerns.

**For your procedure today you have been given a light anaesthetic. For this reason, you should not drive, sign documents or make important decisions for the next 24 hours.**

Percutaneous plasma discectomy uses a catheter to create an one-millimetre pathway into the disc. Radio wave signals are sent through the transmitter into the nucleus of the herniated disc. The radio waves produce a low temperature ionised gas, which breaks up molecular bonds in the spongynucleus, removing tissue volume.

## Post Procedure Information

- It is possible that you may experience a slight increase in your pain levels after the anaesthetic wears off. If this is the case use simple analgesics or your normal pain medication. You can be reassured that any minor discomfort will settle.
- You can remove the dressing 24 hours after the procedure
- You do not need to wear a back brace following this procedure.
- You may return to normal activities several days to a week after your procedure.
- You require a review with your doctor to discuss your progress at 4-8 weeks following the procedure. If this review has not already been scheduled, please call the clinic to make an appointment.

## FOR ANY CLARIFICATION OR CONCERNS RELATED TO THE PROCEDURE:

Please phone: 03 9595 6111 (during clinic hours) | E-mail: info@metropain.com.au  
After Hours Emergency Phone: 1300 070 345

If the pain seems extreme or there are any signs of general illness including a fever, nausea or other specific concerns, contact the Clinic, visit your GP or proceed to your nearest Emergency Department.