

## POSSIBLE COMPLICATIONS

Potential risks to any surgical procedure include unforeseeable complications caused by anesthesia, blood clots, undiagnosed medical problems, such as silent heart disease, and rare allergic reactions. There are some risks associated with minimally invasive spine surgery, including transitioning to a conventional open procedure, neurological damage, damage to the surrounding soft tissue and, where used, instrument malfunction. Most of these complications can be treated once they are detected, but sometimes they require a longer period of hospitalization or recovery, additional medications, and sometimes even additional surgery.

Depending upon the type of surgery you are having, these risks will be explained by the primary surgeon. As a patient, it is important to understand and follow your doctor's advice to achieve the best possible outcome. This surgery is not for everyone. Please consult your physician. A prescription is required.

## TALK TO YOUR DOCTOR

While this brochure is meant to provide you with information you need to make an informed decision about your treatment options, it is not intended to replace professional medical care or provide medical advice.

If you have any questions about the METRx System please call or see your doctor, who is the only one qualified to diagnose and treat your condition. As with any surgical procedure, you should find a surgeon who is experienced in performing the specific surgery you are considering.

For additional information visit [www.back.com](http://www.back.com).

# Medtronic

**Medtronic**  
Spinal and Biologics Business  
Worldwide Headquarters

2600 Sofamor Danek Drive  
Memphis, TN 38132



**Medtronic Sofamor Danek USA, Inc.**  
1800 Pyramid Place  
Memphis, TN 38132

(901) 396-3133  
(800) 876-3133  
Customer Service: (800) 933-2635

[medtronic.com](http://medtronic.com)

Please see the package insert for the complete list of indications, warnings, precautions, and other important medical information.

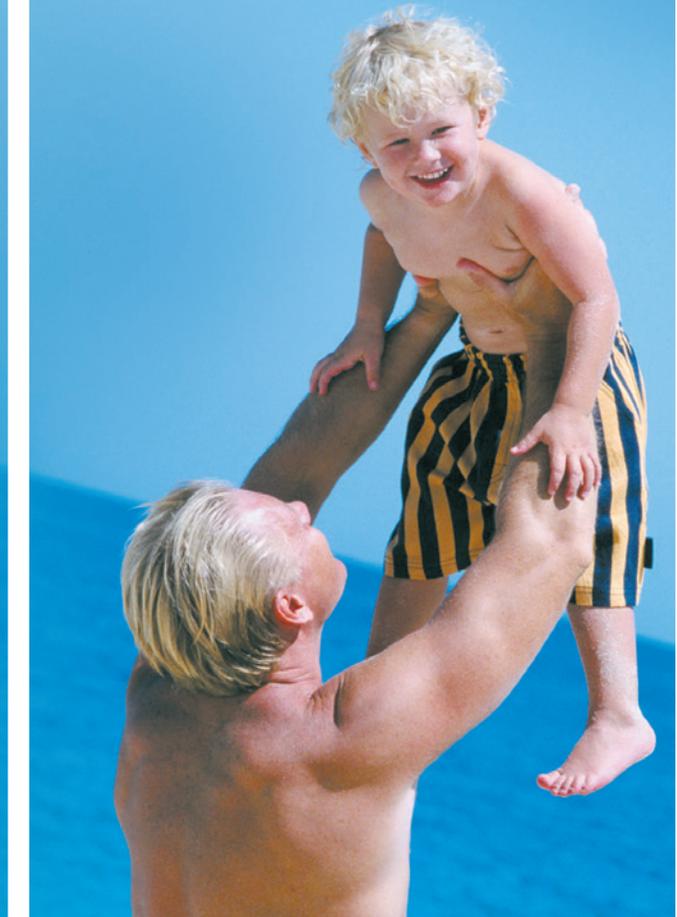


Consult instructions for use at this website: [www.medtronic.com/manuals](http://www.medtronic.com/manuals).

Note: Manuals can be viewed using a current version of any major internet browser. For best results, use Adobe Acrobat® Reader with the browser.

# METRx™ System

## Patient Information



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Further, Together

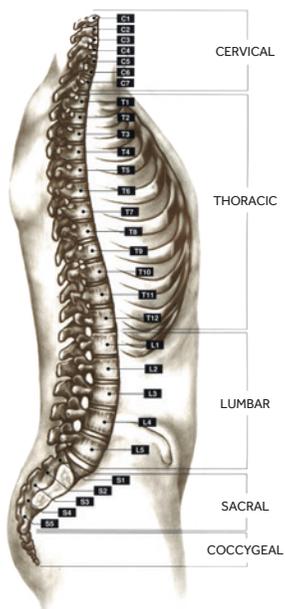
MICHELSON  
TECHNOLOGY  
AT WORK

Your doctor is recommending surgery to relieve your pinched nerve using the METRx System, a minimally invasive surgical treatment option. To help you make an informed decision about the treatment of your pain and related problems, this brochure explains basic spinal anatomy and the METRx System treatment option.

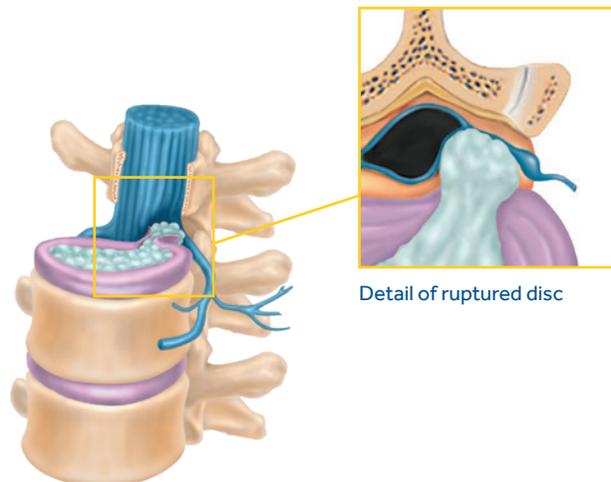
## YOUR ANATOMY

The spinal column is one of the most vital parts of the human body, supporting our trunks and making all of our movements possible. All of the elements of the spinal column and vertebrae serve the purpose of protecting the spinal cord, which provides communication to the brain, mobility, and sensation in the body.

When the spine is injured and its function is impaired, the consequences can be painful and even disabling. A herniated or ruptured disc is one of the most common spinal disorders. Everyday activity can cause a disc to rupture due to the constant stresses exerted on the spine. A ruptured disc in the low back can "pinch" the spinal nerve root causing buttock and leg pain (sometimes called sciatica).

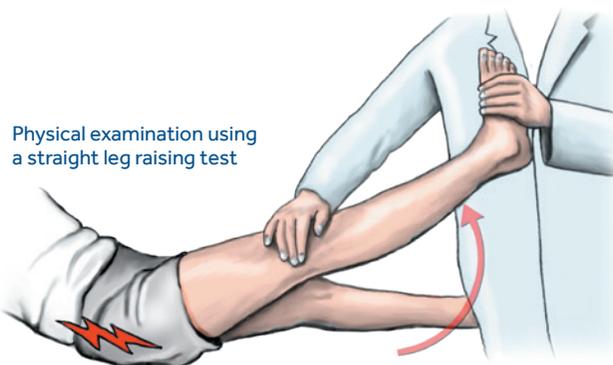


MRI image of ruptured disc



Detail of ruptured disc

If a disc ruptures in the neck, shoulder and arm pain can occur. Numbness and/or weakness may also be present. Conducting tests, such as an MRI, and identifying regions of pain, through physical exam, can determine the area of the disc rupture in the spine.



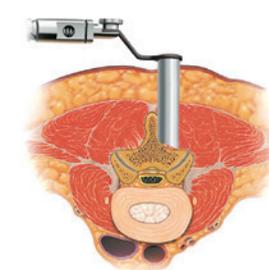
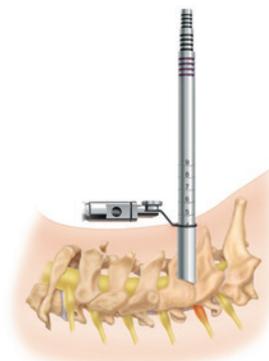
Physical examination using a straight leg raising test

For some patients, all that is required to heal and recover is time. For others, medication may reduce the inflammation or ease the pain in the affected area. Physical therapy or exercise may also provide relief from pain and aid in the recovery from a ruptured disc. Because your pain is not responding to these methods, your doctor recommends a discectomy or decompression using the METRx System.

## THE PROCEDURE

A discectomy or decompression using the METRx System is a minimally invasive operation and requires a small incision. It allows your surgeon to remove only the portion of your ruptured disc that is "pinching" the spinal nerve root.

During the surgery, you are under anesthesia when a small incision is made over the disc space. The muscle is then dilated to avoid any unnecessary muscle cutting. The ruptured disc is removed through the small tube and the wound is closed with sutures and a small bandage.



## AFTER SURGERY

Though there may still be some discomfort following surgery, the degree of discomfort depends on the individual and their medical condition. Your surgeon will release you from the hospital when:

- your vital signs are stable
- you regain the ability to walk on your own
- you can eat without nausea
- your bladder activity is normal
- you have no other complications or medical conditions in need of monitoring

The length and degree of recovery depends on your commitment. It is important that you follow your physician's instructions.