

Ozone Discolysis



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Spine Surgery Unit

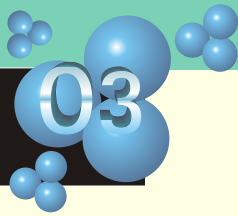


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Ozone Discolysis



Ozone Discolysis is a novel method of treating Disc prolapse by targetting the offending disc with a mixture of Ozone-Oxygen gas. It is performed as a day care (24 hrs stay) procedure, under real time x-ray control and monitoring.

Ozone Discolysis is indicated for almost the same reasons as Discectomy except for Cauda Equina Syndrome and severe Hyperthyroidism.

The procedure entails introduction of a fine needle into the disc space through fluoroscopic guidance under IV Anaesthesia and administration of the gas mixture. During the first sitting we may also decompress the Disc by using a disposable motorised instrument, thereby removing a small amount of disc material.

This results in instant decrease in the disc pressure.

Following this, four to five sittings are performed bi-weekly. After each procedure the patient goes home in about 2-3 hours. The patient is advised to perform light exercises and may continue his or her daily routine with reasonable caution. The relief in pain commences from the first sitting and is progressive.

What is Ozone?

Ozone is a highly reactive elemental gas found in the upper atmosphere. It is unstable in the normal room temperature and breaks down into Oxygen molecule and a nascent Oxygen atom (O^{\cdot}).

Nascent oxygen being highly reactive, combines with the structural molecules of the disc protein and causes it to shrink in size over a period of time.

Nascent O^{\cdot} is an anti inflammatory agent which reduces the swelling around the nerves thereby reducing the pain instantly.

The oxygen released during the breakdown of O_3 , provides the much starved nerve the oxygen it needs.

The medical Ozone is freshly prepared in the operation theatre from medical oxygen gas.

What are the side effects?

As Ozone converts into oxygen there are no side effects in the concentration when the mixture is injected.

Some patients may experience mild pain after the procedure but the patient readily responds to analgesics and cold pack.

In some rare cases, a mild rise in the body temperature is noted after the procedure which is short-lived. The fever remits itself

Who can benefit from this procedure?

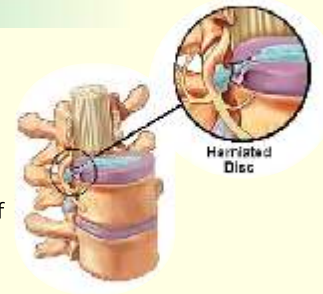
Patient with Prolapsed Intervertebral Disc proven by MRI findings and suffering from

- Back or Neck pain
- Pain with or without tingling or numbness radiating to the thighs, calves or the foot from the back and to the arms, elbow and fingers from the neck
- Patients who are contemplating Disc surgery and do not have bowel or bladder symptoms.
- Failed Back Syndromes i.e. patients who have had surgery and yet their pain does not subside.

Contra-Indications:

Patients suffering from:

- Hyperthyroidism
- Bleeding Disorders
- Favism (an enzyme deficiency)
- Cauda Equina Syndrome (loss of control of bowels and bladder)



How safe is the procedure:

The benefit to risk ratio is very high. The procedure is performed under real time high resolution X-ray. The patient is closely monitored by the Anaesthetist and the procedure is practically painless. Its safety surpasses any other surgical procedure in the benefit and risk ratio.

Benefits:

- There is no scarring
- No steroids are used
- Minimal loss of working days (compared to other surgical procedures)

To know more about the procedure, call: 6611 5555 or 91 124 6623 000 or write to spine.team@maxhealthcare.com and ask for an appointment with a member of the Ortho -Spine team