

Percutaneous Disc Decompression

Percutaneous Disc Decompression (PDD) is a disc decompression method that works by removing disc tissues and reducing the internal pressure in a herniated disc. Reducing the pressure creates a partial vacuum that enables the disc to suck the herniation inside and re-absorb the tissue. This procedure is primarily used to remove disc tissue and to decrease pressure in a herniated disc. Part of the central disc, the nucleus pulposus, is removed, reducing pressure and allowing the herniation to recede back into the disc where healing can occur.

The bulging or herniated disc is diagnosed using an MRI, discography, CT scan, or myelogram. You should be mentally motivated and have severe back and/or leg pain before you decide to go ahead with this procedure.

As with any medical procedure, this procedure *cannot* be performed if you have an active infection, the flu, a cold, a fever, or very high blood pressure. You must inform the physician if you experienced any of these symptoms.

PDD is an outpatient procedure. An IV is started to give you medication that will help you relax. Then, under x-ray visualization, a needle is inserted into the outer layer of the disc. The Disc Decompressor is then inserted through the needle, and the disc tissue is removed. This decreases the internal pressure of the disc, allowing it to re-absorb the herniated portion.

Disclaimer: This information is not intended as a substitute for medical or chiropractic professional help or advice, but is to be used only as an aide in understanding spinal and nerve issues.

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