

Inter-spinal Spacer Implant Procedure (ISSIP)

What is it?	This procedure is FDA approved and therefore covered by most insurance carriers. However, NYSWC does not accept all forms of insurance. An ISSI is an “H” shaped, titanium implant inserted between the spinous process (the boney projections off each vertebra). ISSIP is indicated for patients who have leg/buttock/groin pain, numbness, and/or cramping, with or without back pain when standing or walking, which is relieved when they bend forward or sit. You must undergo at least six months of conservative non-operative treatment before having this procedure. .
Why is it done?	To treat pain, numbness, and/or cramping in the legs when standing and relieved with sitting, caused by lumbar spinal stenosis (LSS). A doctor who is specially trained to perform the procedure will use an imaging machine (X-ray) and specialized tools to place a small spacer through a small incision in your back. The device is designed to limit extension at the level causing the pain while preserving mobility and body structures.
How is it done?	A small incision is made to gain access to the affected space. The appropriately sized implant is delivered through a small metal tube. Live X-rays called fluoroscopy are taken to confirm the correct placement of the implant. The incision is then closed with sutures or staples.
Is there any preparation?	You will be put to sleep with a medication given through an IV (tube) in your arm and you will breathe on your own This is known as Monitored Anesthesia Care (MAC). A trained anesthesia clinician will monitor you continually while you are asleep.
What to wear?	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home.
How long does it take?	We ask that you arrive 60 minutes before the scheduled time of your procedure. The procedure TAKES about 30 minutes to 1 hour. You will be in the recovery area about 15 minutes.
You must tell your doctor if you have had any of the following :	<ul style="list-style-type: none"> * If you have ever had an allergic reaction to contrast dye or anesthesia, you MUST tell your doctor BEFORE the procedure is performed. * You MUST tell the doctor BEFORE this procedure if you are taking blood thinners, have a blood disease that affects clotting, have a bowel obstruction or have an uncontrolled infection
Risks of this procedure include, but are not limited to:	<ul style="list-style-type: none"> * Pain in the area where the needle(s), equipment and device were inserted. This can last for two to three days and can be treated by using ice and mild analgesics (pain medications), such as Motrin, Naprosyn or Tylenol. * A reaction to the local anesthetics. These reactions do not usually require further treatment. * Bleeding, hemorrhage in the area of the procedure due to damage to blood vessels, phlebitis or hematoma * Infection in the area of the procedure, which may result in abscess or meningitis. This is a rare risk. * Increased pain. * Possible surgical intervention, re-operation/revision due to migration (movement) of the implant from the original position causing damage to adjacent bone or soft tissue including nerves. * Spinous process fracture. * Nerve damage, tear in the spinal cord covering, diarrhea, paralysis, stroke and even death. * Sensitivity or Allergy to the implanted material
Where can I obtain more procedure information?	Please visit our website www.nyspineandwellness.com . It contains demonstrations of some of the procedures we perform. We also have other helpful information.

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PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS

INSTRUCTIONS REGARDING YOUR PROCEDURE

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Will I receive a pre-procedure phone call?	A nurse will call you 24-48 hours prior to your procedure. She will ask you a few important medical questions, AND she will confirm your appointment. You must verbally confirm that you are coming to undergo this procedure within 24-48 hours prior to your procedure. Failure to return the call may result in your procedure being rescheduled.
Can I drive home from the procedure?	NO. You MUST have a ride home, and your driver must remain on site during your procedure. . You MUST have another person drive you home after discharge. You MUST also understand that if you attempt to drive yourself home after this procedure, you could be involved in an automobile accident with injury to yourself and/or others, as well as damage to personal property belonging to yourself and or/others. Be aware that you must not make important decisions, leave your children unsupervised, use heavy equipment or drive an automobile for 24 hours after this procedure.
Can I eat Breakfast?	<ul style="list-style-type: none"> • You must NOT eat or drink solid food or milk for at least 8 hours before your procedure. • You are permitted to drink no more than 8 ounces of clear liquid UP TO 4 hours BEFORE your procedure: such as water, coffee/tea (-no milk, no cream, no nondairy creamer), clear apple juice, club soda, ginger ale, seven up, cola, (no orange juice) • STOP all food and all fluid 4 hours before your procedure. <p>***The final instructions as to when /what you can eat or drink will be told to you during the anesthesia interview phone call a few days before the date of your procedure.***</p>
Can I take aspirin, or products containing aspirin or Anti-inflammatories?	<p>NO. You must STOP taking ASPIRIN, products containing ASPIRIN*, and NSAIDs**(anti-inflammatories), 7 days prior to the date of your procedure.</p> <p>If you take FELDENE or DAYPRO, you must stop taking this drug 10 days prior to the date of your procedure.</p> <p><i>*Examples of ASPIRIN-containing products include but are not limited to: EXCEDRIN, FIORINAL, ALKA SELTZER, ECOTRIN,etc.</i></p> <p><i>** Examples of NSAIDS include but are not limited to: Meloxicam (Mobic), Naproxen Sodium(Aleve), Motrin (ibuprofen, Advil) ,Naproxen (Naprosyn, Naprelan), Celebrex, Indomethacin(Indocin),Nabumetone(Relafen).</i></p>
Can I take my blood thinner?	<p>Our provider will advise you of the number of days to hold your blood thinner.</p> <p>Sometimes we may have to contact the Doctor who has prescribed the blood thinner for you to learn how long it is safe for you to be off the medicine, prior to your procedure. If our provider does not advise you of this, one of our nurses will call you when we have obtained that information from your physician.</p>
Can I take my other medications?	Yes, only with a <u>small sip of water.</u> DO NOT TAKE blood thinners, aspirin, aspirin containing products or nonsteroidal anti-inflammatories (aka NSAIDS).
What time is my procedure?	You will receive a telephone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure (usually 30-40 minutes prior to the scheduled time) and the location. PLEASE BE ON TIME.
How long will it take?	We ask that you plan to be present <u>1½ -3 hours</u> from the time you arrive at the center until the time you are discharged. Please understand that circumstances sometimes arise that are out of our control, and cause a longer delay. Please plan accordingly.
What do I bring?	<p>You must bring the following <u>each time</u> you have a procedure:</p> <ol style="list-style-type: none"> 1. Your current insurance information 2. A written list of all your current medications, including the strength and frequency you take them. Please include over the counter medications, vitamins and herbal supplements.
What shall I wear?	Please wear comfortable loose fitting clothing.
Can I wear jewelry?	No. Please leave all jewelry and other valuables at home. We are unable to store them safely. Any body-piercing jewelry must be completely removed, as this may interfere with the x-ray machine.
What do I do if I am ill or have to cancel?	Please call the office 24 hours in advance, if you are unable to keep your appointment. (315)552-6700. We charge patients for not keeping appointments without canceling them.