



Questions for your physician

Thank you for your interest in the *mild* procedure. If you or someone you know suffers from lumbar spinal stenosis (LSS), print out this document, then bring it with you to your next doctor visit. Your physician should be able to answer your questions or refer you to someone who might be able to help.

As always, there are risks involved in any type of procedure. Make sure you talk to your doctor about the risks associated with *mild* and other treatments for LSS.

To determine if you are a candidate

- Can you help me understand my lumbar spinal stenosis (LSS)?
- What treatments are available to treat LSS?
- Is there anything else I can do to relieve my leg and back pain and/or numbness which gets worse when I stand, walk or climb stairs?
- How does the *mild* procedure differ from other treatment options or my current treatments?

To learn more about *mild*

- What is the *mild* procedure?
- Is the *mild* procedure safe?
- Will the *mild* procedure help me?
- Do you think I am a good candidate for the *mild* procedure?
- What if I need to have more invasive surgery in the future?
- What has your experience been with the *mild* procedure? Can you tell me about some patients you have treated with *mild*?
- What does the *mild* procedure do?
- How long does the procedure take?
- What is the recovery time like?
- Would I need to take time off from my daily activities such as walking, work, gardening, and housework?