

PRESTIGE[®] LP
cervical disc system

PATIENT INFORMATION BROCHURE



Medtronic

SOFAMOR DANEK

This patient information brochure is designed to help you understand treatment for your neck pain and related problems. Your doctor has recommended surgery to relieve your pain and discomfort using the PRESTIGE® LP Cervical Disc System. The purpose of this brochure is to give you some background about cervical spine (neck) surgery and the PRESTIGE® LP Cervical Disc System.

Your Cervical Spine

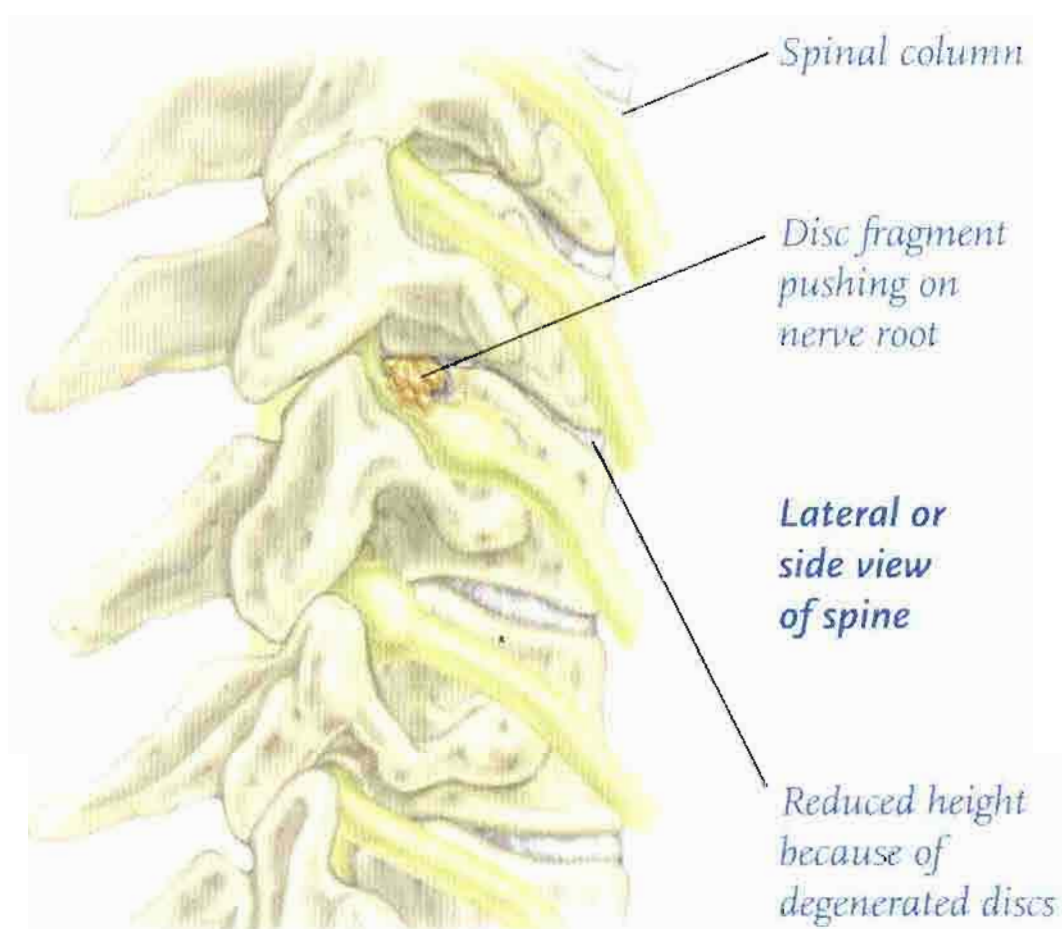
The vertebrae (spinal column bones), which encircle and protect your spinal cord, are separated by shock-absorbing discs. The discs give your spine the flexibility to move. Nerves branching from the spinal cord pass through openings in the vertebrae to other parts of your body.



Why do I need surgery?

As discs lose their water content because of disease or age, they lose their height and bring the vertebrae closer together. The consequence is a weakening of the shock absorption properties of the disc and a narrowing of the openings for the nerves in the sides of the spine. Additionally, a loss of disc height may cause the formation of bone spurs, which can push against your spinal cord and/or nerves.

When a disc ruptures in the cervical spine, it puts pressure on one or more nerve roots (called nerve root compression) or on the spinal cord, causing pain and other symptoms in the neck and arms. Living with this pain or weakness and tingling in the arms can be disabling.

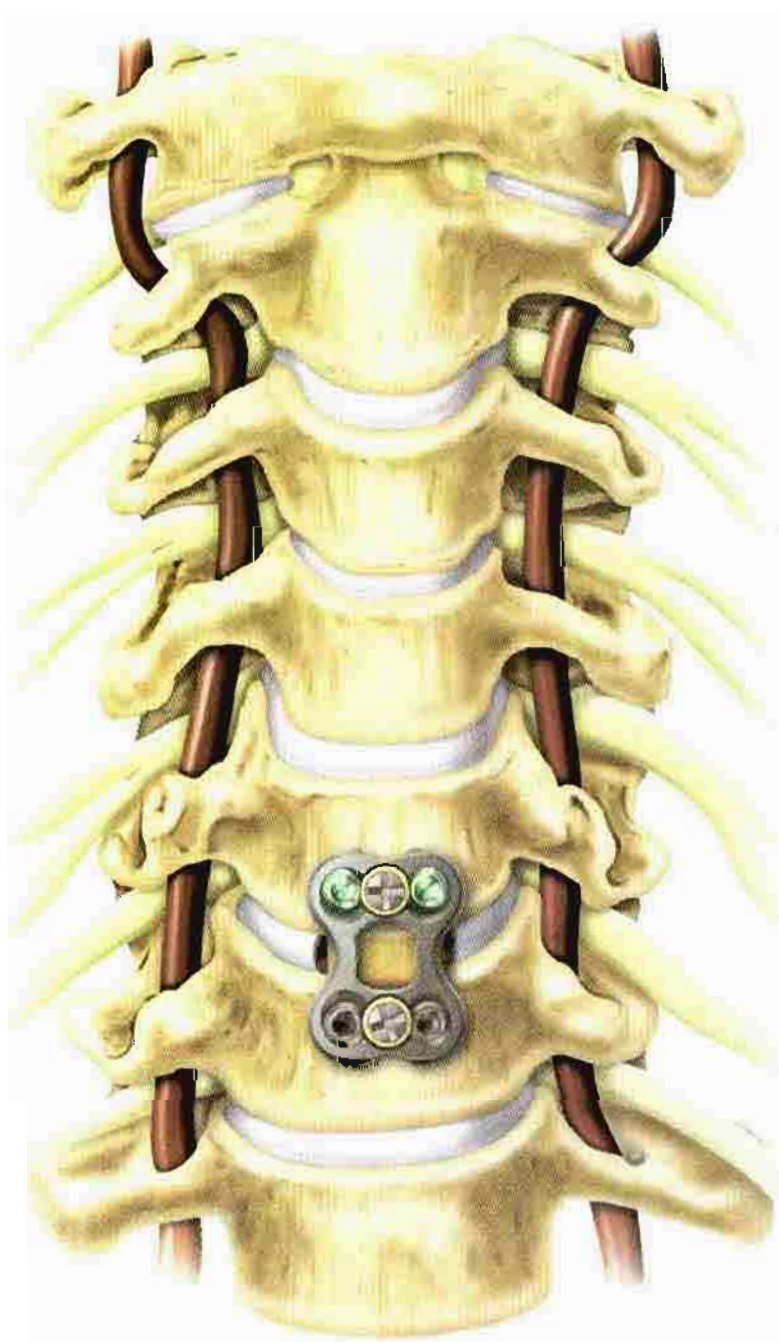


Disc degeneration

With the advice of your doctor, you may have tried other treatments for some time now which did not relieve your pain or dysfunction. Or perhaps your doctor has determined that irreparable damage would result without surgery. Your doctor has recommended that you consider the PRESTIGE® LP Cervical Disc Prosthesis, which provides for motion following surgery, instead of the more common fusion procedure.

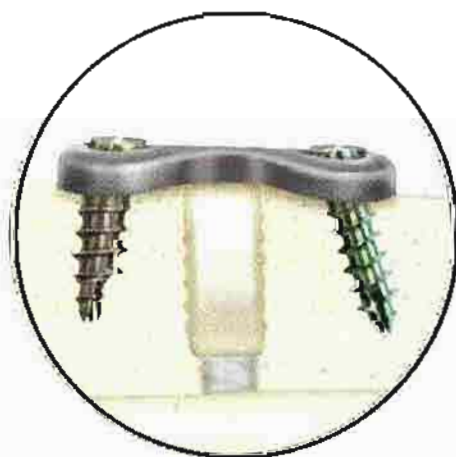
How is this procedure different from a fusion?

A fusion procedure may certainly treat your short-term symptoms, alleviating neck and arm pain. However, clinical evidence suggests that physical stress to vertebrae involved in a fusion may accelerate disc degeneration elsewhere in your neck.¹ In contrast, the PRESTIGE® LP Cervical Disc Prosthesis replaces the disc removed by the surgeon. The artificial disc is designed to allow motion at the treated level.



A plate is attached to the vertebral bodies to stabilize the bones until fusion occurs.

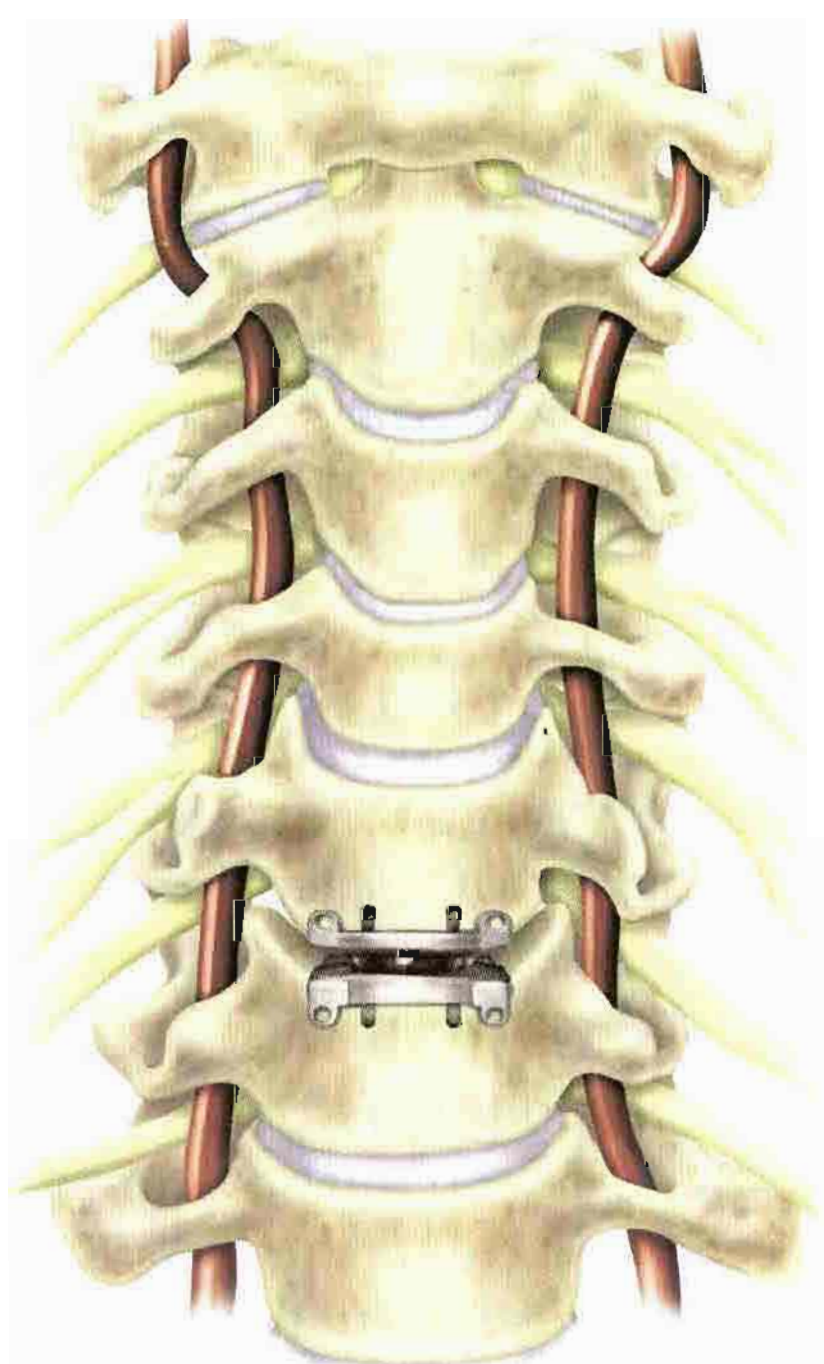
Vertebrae fuse (join together) restricting movement and flexibility.



What is involved in a PRESTIGE® LP Cervical Disc System procedure?

This surgery involves the use of a new medical device, which is designed to replace the disc which sits between the vertebrae in your neck. Your disc, which is damaged or diseased, is surgically removed through an incision made in the front of the neck.

In its place, your surgeon will prepare a space and insert a PRESTIGE® LP Cervical Disc Prosthesis. The device utilizes a ball and socket design which is designed to allow for motion to be preserved.



Motion and flexibility are maintained with a non-fusion procedure.

What should I expect from the surgery?

This surgical procedure is expected to relieve the symptoms of a nerve root or spinal cord compression caused by the damaged disc. The surgery associated with the PRESTIGE® LP Cervical Disc System is designed to allow for motion at the operated disc level, unlike a fusion surgery.

Preparing for surgery

You may be told to see your general practitioner before surgery to check your overall health. Tell your doctor what medications you are taking, and ask if you should stop taking any medications before surgery. To make your recovery easier, prepare your home for life after surgery. Place important things within easy reach. Remove safety hazards that might cause you to lose your balance. Arrange for someone to help you at home and around the house after surgery. You will most likely be told not to eat or drink the night before the surgery. Be sure you read and understand this entire booklet. Your surgeon is required to let you know of the potential risks, as well as benefits, of this surgery.

After surgery

Ask your surgeon about your specific recovery plan following surgery. It is important to follow your doctor's instructions carefully to recover from surgery as quickly as possible and increase your chances of a successful outcome.

After surgery your surgeon may refer you to a physical therapist who will teach you exercises to improve your strength and increase your mobility. The goal of physical therapy is to help you become active as soon as possible, using safe body movements that protect your neck.

Recovering from pain and surgery is an ongoing process. How fast you recover depends on your commitment to working closely with your physical therapist, and moving and exercising correctly, as recommended by your surgeon.

Your role in recovery

The ongoing health of your neck really depends on you. You should always follow your surgeon's recommendations, such as seeing your physical therapist regularly. Remember to move and exercise properly as you return to a more active lifestyle.

Good body mechanics keep your spine well aligned and reduce pain, but maintaining a safe, balanced position may require some changes in how you go about daily activities. For instance, you may need to learn different ways of standing, sitting, or lifting to avoid reinjuring your neck.

You and your surgeon will continue to work together during your recovery. Before you leave the hospital, your surgeon may schedule follow-up visits with you so he or she can evaluate your progress, advise you about your activity level, and adjust any medication, if necessary. Sometimes your doctor may recommend follow-up tests to make sure you are healing properly.



Medtronic
SOFAMOR DANEK

MEDTRONIC SOFAMOR DANEK USA, INC.

1800 Pyramid Place Memphis, TN 38132

(901) 396-3133 (800) 876-3133

Customer Service: (800) 933-2635

www.sofamordanek.com

For more information go to www.prestigedisc.com

Reference

1. Hilibrand AS, Robbins M. Adjacent segment degeneration and adjacent segment disease: the consequences of spinal fusion? *Spine J* 2004; Nov-Dec;4(6 Suppl):190S-194S. Review.

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