

Discography



PAIN MEDICINE ASSOCIATES
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Long Beach Office
3620 Atlantic Ave Long Beach
Long Beach, CA 90807
(562) 595-0060 fax: (562) 595-0027

Fountain Valley Office
18111 Brookhurst St., Suite 3100
Fountain Valley, CA 90708
(714) 963-7240 fax: (714) 963-7224

www.PAINASSOCIATE.com

Discography is a diagnostic procedure which is used to determine if back pain is caused by one or more disks. The procedure involves an injection of sterile liquid to induce pain or pressure in the afflicted and neighboring healthy discs.

During the procedure the patient lies on stomach or side on a table equipped by fluoroscopy and takes intravenous anesthetic for relaxation. It is very important for the patient to be awake enough to inform the physician about all sensations and feelings.

Local anesthetic is used to numb the skin and tissue down to the disk area. A physician uses fluoroscopy to find the right spot and places a needle to the edge of the disc. Then, a small needle is inserted through the guide needle to the center of the disc. After all needles are placed, the discs are pressured one at a time with a contrast solution. The healthy disc may feel pressure, while the damaged disc feels pain. If pain appears and is the same discomfort that the patient has been experiencing, the damaged disc is found. After X-ray pictures are taken, needles are removed. Additional CT-scan could be applied.

Discography Side Effects:

Common side effects could be compared with common injection side effects, i.e. allergic reaction, bacterial infection, bleeding in seldom cases. During discography, no corticosteroid medications are used.

The patient must inform the physician about pregnancy or if he/she takes blood thinning medication.

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