



The Informed Patient's Guide to
POSTERIOR SPINAL FIXATION
for the Thoracolumbar Spine utilizing the



PRECISION SPINE
REFORM[®]
POCT
SYSTEM

www.precisionspineinc.com



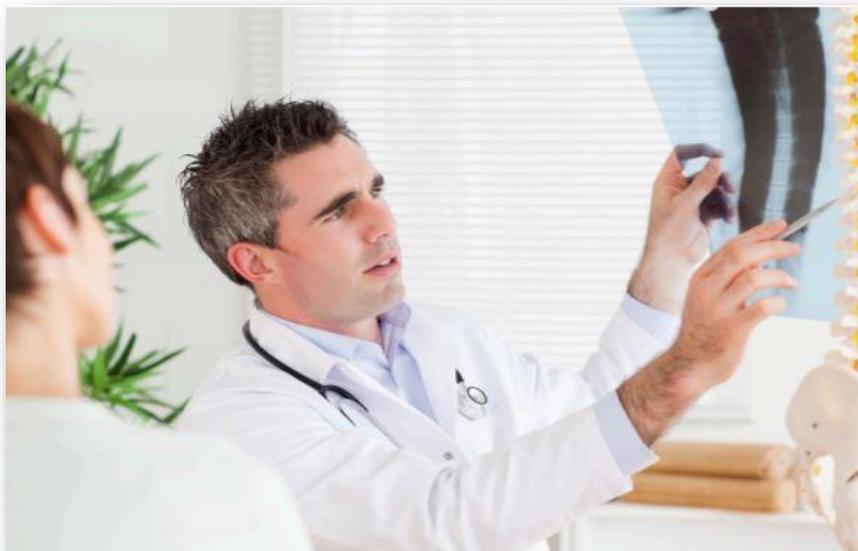
An Introduction



This brochure is designed to provide patients with general information concerning posterior spinal fixation of the thoracolumbar spine. It is not intended to replace or supersede any consultations you might have had, or wish to have, with any physician. Some of the information provided in this leaflet may not pertain to your specific condition.

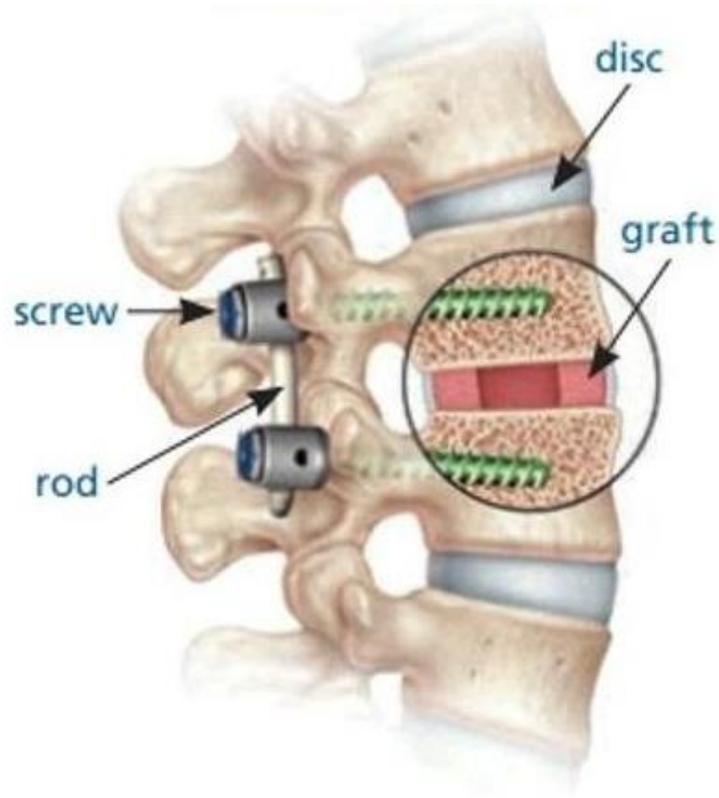
Generally, common symptoms of spine pain can be treated conservatively with non-operative forms of treatment such as rest, heat, ice therapy, medications and physical therapy. Surgery is an indicated option for those who find their pain and discomfort increasing or growing worse despite other treatments.

Your physician will help you determine which is the best course of action to take.



Posterior Fixation Surgery

Surgery utilizing the Precision Spine Reform® POCT (Posterior Occipital-Cervical-Thoracic) System is intended to provide immobilization and stabilization of spinal segments throughout the healing process in order to help permit fusion to take place.



Your physician may consider posterior fixation to be a good option to restabilize your back if you:

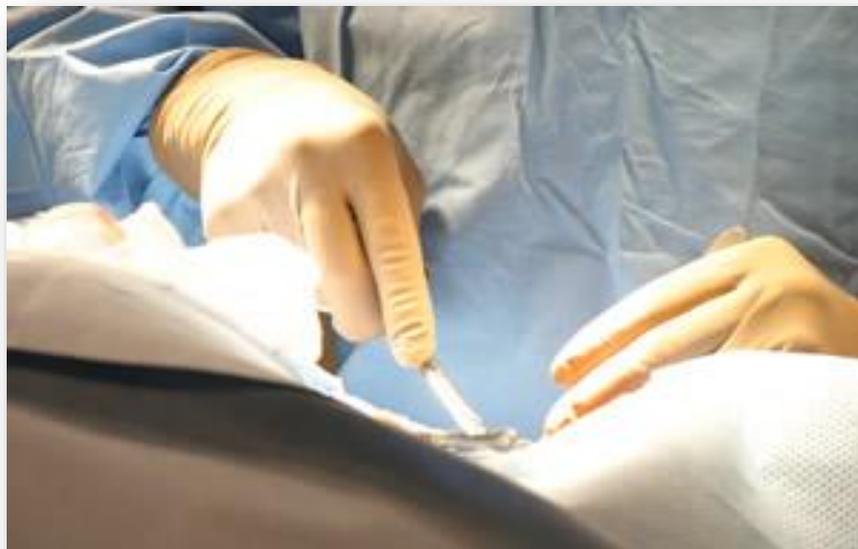
- *Are skeletally mature*
- *Need additional stabilization in support of an interbody fusion procedure*
- *Have undertaken six weeks of non-surgical treatment*

However, your physician may feel that you are not a viable candidate for posterior fixation if you exhibit other medical conditions.

This may include, but are not limited to:

- *Signs of inflammation or infection near the operative site*
- *Sensitivity to implant materials*
- *Poor bone quality*

The Surgical Procedure



DURING SURGERY

You will be sedated and positioned on the operating table so that you are lying face down. You will be draped in the appropriate surgical covering and an X-ray image will be taken so that the precise location of the disc space to be operated upon can be identified. There are essentially 4 steps to the procedure.

1 - APPROACH

If your surgeon is using an “Open” approach, an incision will be made down the midline of your back and the tissue then pulled back to expose the affected portion of your spine. In a “Minimally Invasive” approach, a smaller incision is used and there is less tissue disruption.

2 – DECOMPRESSION

Your surgeon may opt to decompress portions of vertebrae and discs which have become compressed and cause your pain.

3 – FIXATION

During the procedure, your surgeon will determine the appropriate use of screws and rods to either stabilize or fixate the affected vertebral bodies to keep all elements in place.

4 – FUSION

The combination of screws and rods introduced by your surgeon will be tightened to lock them in place. The process of fusion occurs when bone grows around the fixated areas and heals. Once fusion eventually occurs, the area will stabilize.

Implants



Polyaxial Screw



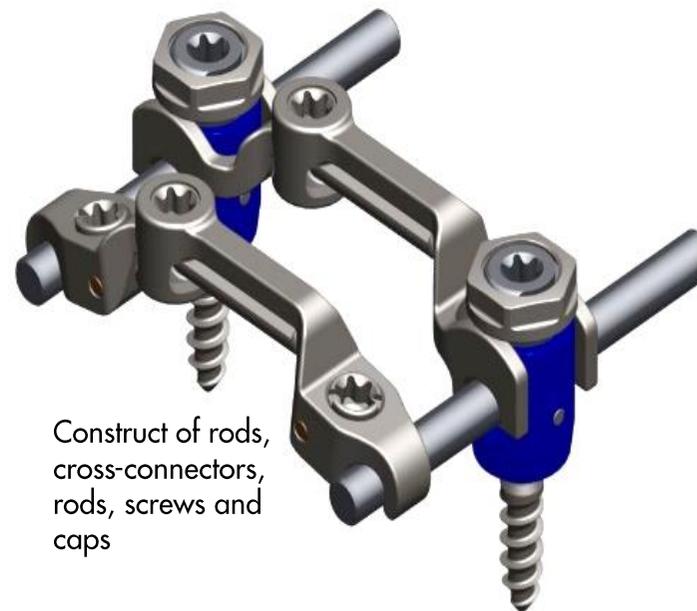
Smooth Shank Polyaxial Screw



Cross-Connectors



Stabilization Rods



Construct of rods, cross-connectors, rods, screws and caps



Occipital Plates, Rods and Screws

Pictured on this page are some of the implants that may be used during your Precision Spine Reform[®] POCT System Posterior Spinal Fixation surgery.

Post-Op Care



When you wake up in the recovery room, your vital signs and immediate postoperative condition will be closely observed by the medical staff. When your condition permits, you will return to your hospital room.

Postoperative care will be determined by your physician and will include but not be limited to:

- *Prescribed medications*
- *Prescribed at-home activities*
- *Instructions on wound care*
- *Exercises*
- *Activity limitations*



Undergoing any type of surgery contains risks and possible complications. These should be discussed with your physician well in advance of undergoing surgery. Your physician's guidance before and after the procedure will help lead to successful surgical outcomes and recovery.

Potential postsurgical risks include:

- *Adverse reactions to anesthesia*
- *Infection*
- *Damage to nerves*
- *Difficulties with implants or hardware*
- *Continued pain*

Recovery



As your body grows bone around the implants inserted during the surgical procedures, motion will become increasingly stronger over time.

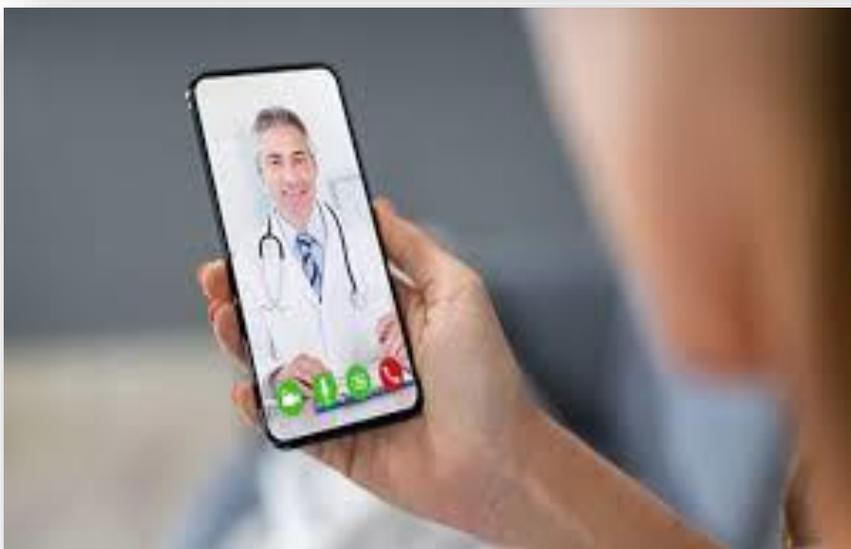
Many patients will notice improvement of some, or all, of their symptoms and diminished pain a few weeks after surgery. However, recovery time varies between patients. Typically, it is the surgeon's goal for the patient to eventually return to his or her preoperative activities.

A positive attitude, reasonable expectations and compliance with your physician's post-surgery instructions will all help contribute to a satisfactory outcome.

If you notice an abrupt onset of instability in your spine, please see your physician urgently.

Vigorous, high-impact exercise immediately following surgery may negatively impact the expected lifetime of your implants.

Please consult your physician to discuss clinical indications and contraindications for this type of surgery.



Commonly Asked Questions

CAN I SHOWER AFTER SURGERY?

Depending upon your surgical incision, you may have restrictions regarding if or when you can take a shower. Ask your physician for appropriate instructions.

WILL I HAVE A SCAR?

Your physician will discuss the incision(s) that will be made during the procedure.

WHEN CAN I DRIVE?

Following surgery, you may be cautioned against engaging in certain activities, such as driving. Your physician will let you know when you may drive again.

CAN I TRAVEL?

The implants used in this procedure that you now carry in your body may activate an airport metal detector. It is suggested that you call your local airport authority before traveling to obtain information that might help you pass through security more quickly and easily. Ask your physician to provide a patient identification card that you can use to alert airport security workers.



Resources



For additional information about Precision Spine and its products, you may visit:

<https://www.precisionspineinc.com/index.html>

If you would like to learn more about patient support and education for chronic back, leg and neck pain sufferers and their loved ones, please visit:

<https://www.thebetterwayback.org>

If you have any questions about spine surgery, please call or visit your physician, who is the only person qualified to diagnose and treat your spinal condition.

This patient information brochure is not intended to be a replacement for professional medical device.

Any serious incident that occurs in relation to the device should be reported to the manufacturer and to the Therapeutic Goods Administration. Refer to:

<https://www.tga.gov.au/>



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