

*The Informed Patient's Guide to*  
**THORACOLUMBAR  
PEDICLE SCREW FIXATION**

*utilizing the*

**PRECISION SPINE**  
**REFORM<sup>®</sup>**  
**PEDICLE SCREW SYSTEM**



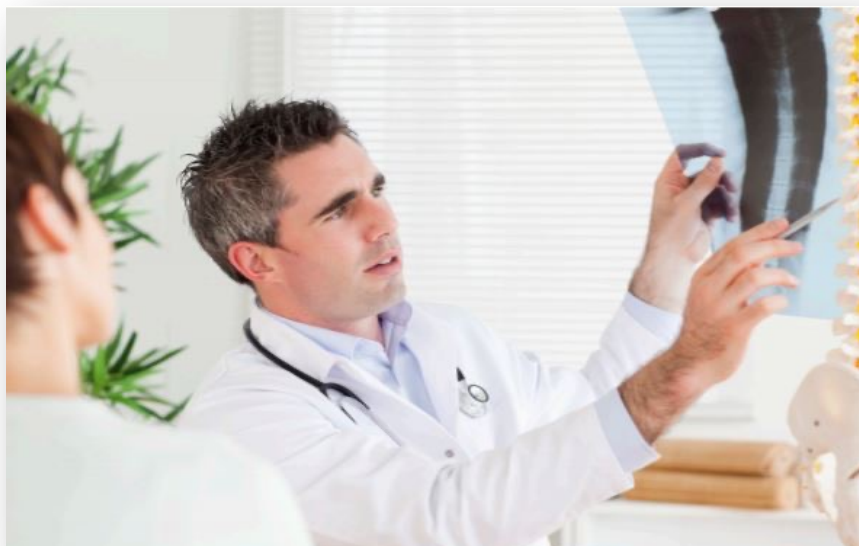
## *An Introduction*



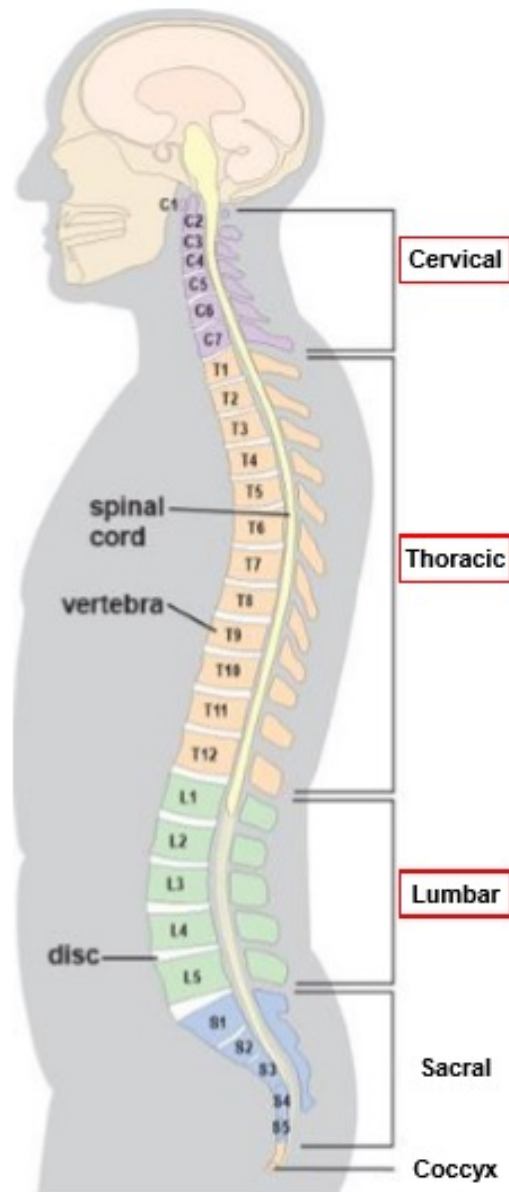
This brochure is designed to provide patients with general information concerning the use of a pedicle screw fixation system to achieve immobilization and stabilization of the thoracolumbar spine. It is not intended to replace or supersede any consultations you might have had, or wish to have, with any physician. Some of the information provided in this brochure 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.***



# Understanding Pedicle Screw Fixation



Thoracolumbar pedicle screw fixation is a procedure used to achieve stabilization of the spine by securing it using screws and rods, helping to fuse spine vertebra together so they may be held in position. The procedure is intended for patients who exhibit any of the following:

## DEGENERATIVE DISC DISEASE

- *Refers to pain caused by wear and tear on a spinal disc*

## SPINAL STENOSIS

- *Occurs when one or more bony openings within the spine begin to narrow and reduce space for nerves, causing pain*

## SPONDYLOLISTHESIS

- *Causes one of the lower vertebrae to slip forward onto the bone directly beneath it resulting in persistent pain*

Your physician may consider this type of spinal surgery 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.

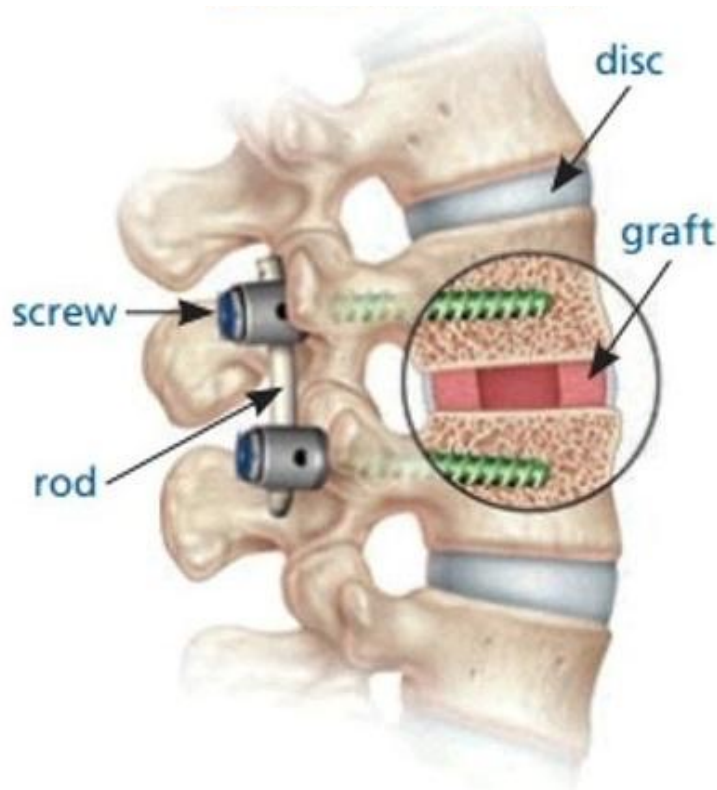
This may include, but are not limited to:

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

# The Surgical Procedure

You will be placed in the required position on the operating table and anesthesia will be administered.

If the procedure is being performed using a minimally invasive approach, an imaging system is used to identify the area of the spine that requires implantation of the pedicle screws is marked. Your skin will then be cleansed with an antiseptic and you will be draped in a sterile covering.



Small incisions are made on your back which become the surgeon's portals of entry to the vertebra. A small probe is inserted into each and guided all the way to the vertebra with the help of fluoroscopy. A very thin guide wire is passed through the probe to the required position on the vertebra. After the probe is removed, the pedicle screws are moved along the guide wire to the area where they need to be positioned.

Once inserted in the required positions, the screws act as anchor points and are connected to each other with the help of rods designed to hold the screws in their proper position. This same step is performed for each affected vertebra.

As the screws and rods are inserted, a bone graft is also placed to help promote the fusion of the spine. When fusion has been achieved, the screws and rods will remain in place. Any attempt to remove them can possibly damage the spine.

# Implants

Pictured on this page are some of the implants that may be used during your surgery. Your surgeon will decide which type of screw will be used.



Reform®



Reform® HA



Reform®  
Modular



Reform® Ti



Reform® Ti  
Modular



Reform® Ti HA



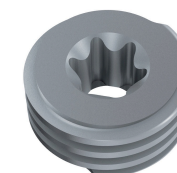
Reform® MC



Rods



Cross-Connector



Locking Cap

## *Post-Op Care*



After the screws and the rods are in place, the instruments used during the procedure are removed and the skin incisions are closed with the help of a bandage. 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 where you will continue to be observed for a few days before being discharged.

Postoperative care will be determined by your physician.

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:**

- ***Mild bleeding***
- ***Infection***
- ***Difficulties with implants or hardware***



## 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 all 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/>

*Australian Distributor:*

**E4 SURGICAL**

12/1 Hordern Place  
Camperdown NSW 2050

[www.e4surgical.com](http://www.e4surgical.com)

Email: [admin@e4surgical.com](mailto:admin@e4surgical.com)





# Notes

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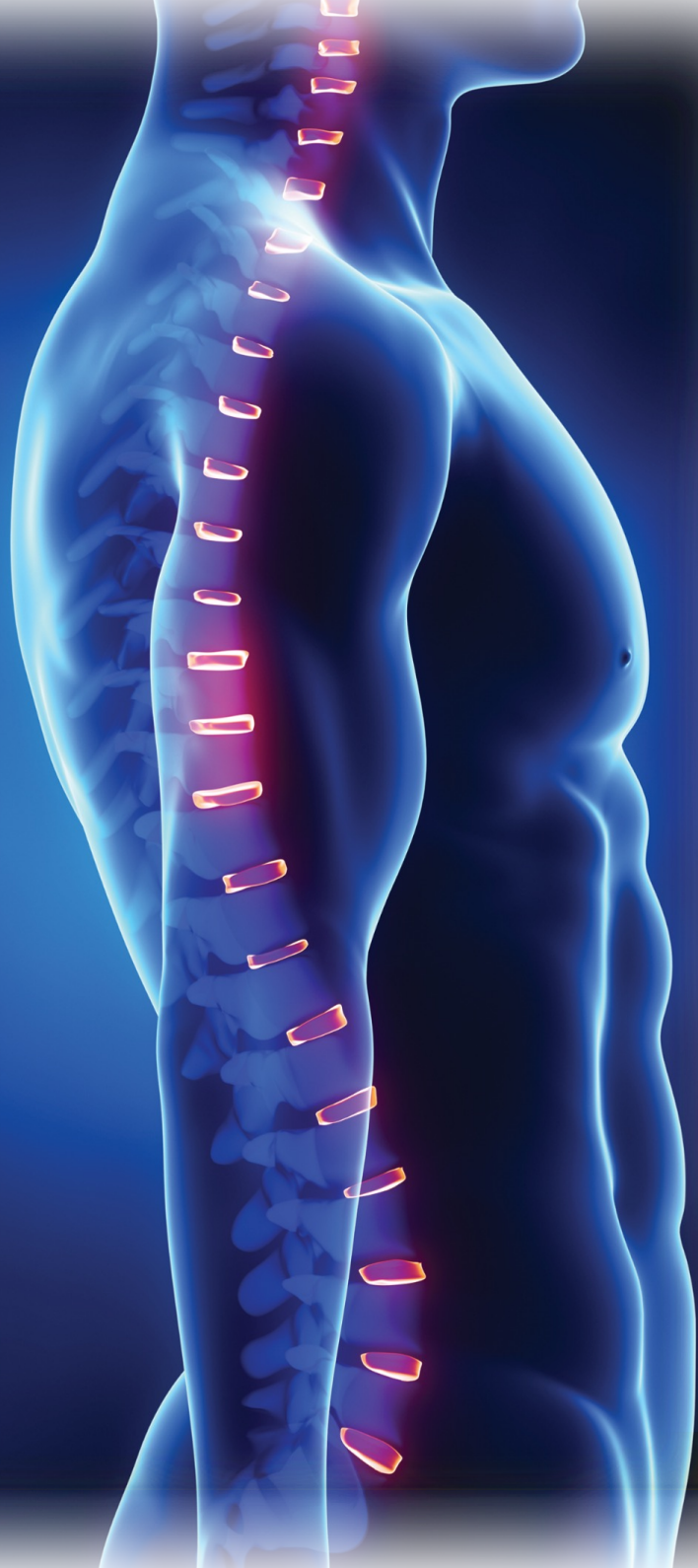
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**E4 SURGICAL**

12/1 Hordern Place

Camperdown NSW 2050

[www.e4surgical.com](http://www.e4surgical.com)

Email: [admin@e4surgical.com](mailto:admin@e4surgical.com)

[www.precisionspineinc.com](http://www.precisionspineinc.com)

**PRECISION SPINE®**

