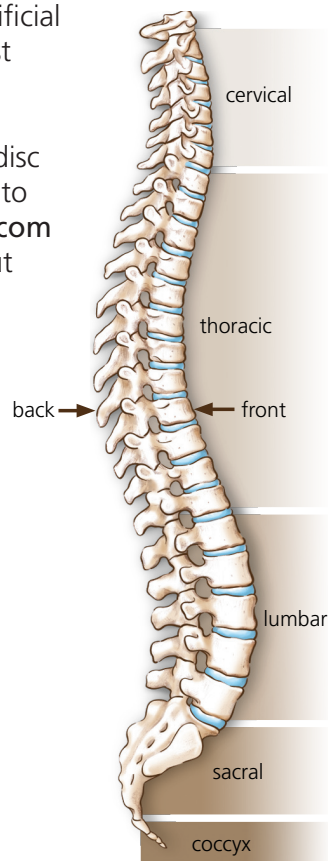


Weighing your options

Artificial disc replacement is an alternative to spinal fusion. Candidates for lumbar total disc replacement surgery may have pain relief and may maintain motion in the spine. In addition, lumbar total disc replacement avoids the need for a bone graft.

The CHARITÉ® Artificial Disc has the longest clinical history and was the first FDA approved artificial disc on the market. Go to www.charitedisc.com to learn more about this option.



Spine

For more information go to:

www.AllAboutBackandNeckPain.com

As your doctor, I look forward to answering any questions you have about your back and neck.

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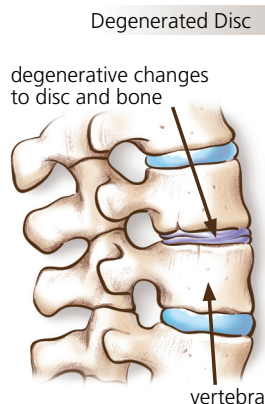
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Understanding
Lumbar Total
Disc Replacement

Q How can I be prepared?

A Lumbar total disc replacement is a surgical option for some people with degenerative disc disease. Your surgeon is most qualified to advise you, answer your concerns, and set reasonable expectations about your care. The decision to have surgery requires careful thought. Read this brochure to answer your basic questions. Write down any questions you may have and decide with your surgeon if lumbar total disc replacement is the right option for you.



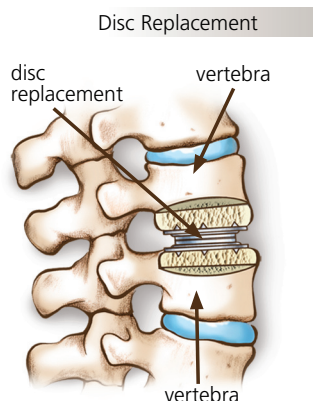
GOALS TO REMEMBER

Lumbar total disc replacement may:

- Preserve spinal movement
- Relieve pain and maintain activity
- Restore disc height and proper curve of the spine
- Reduce postoperative recovery time
- Reduce the risk of bone graft donor site pain and difficult joint movement after healing

Q Why is lumbar total disc replacement done?

A The 24 bones in your spine, called vertebrae, are arranged in a column. The vertebrae protect and support the spinal cord and its many nerves. The soft discs between each vertebral bone allow your back to move and bend. Back pain can occur when one of these discs wears out or becomes damaged from injury or disease. This condition is called **degenerative disc disease, or DDD**. During disc replacement surgery the damaged disc is removed and replaced with an artificial disc made of biocompatible materials. This allows the spine to move. The goal is to reduce pain and maintain your ability to be active.



Q How is lumbar total disc replacement performed?

A Lumbar total disc replacement surgery is performed with the help of a general anesthesia. After you fall asleep on your back in the operating room your surgeon will make an incision near the belly button to reach your spine. Then the damaged disc will be removed and replaced with an artificial one.

Q What happens after surgery?

A Your pain and nausea after surgery will be treated with medication. Patients in a study for the CHARITÉ® Artificial Disc stayed about 4 days in the hospital after lumbar disc replacement surgery.

The risks for lumbar total disc replacement surgery include those of any major surgery. Complications such as, infection, pain, nerve damage and disc inflammation, can occur and other risks exist. Talk with your surgeon to make sure you understand all the risks and benefits of the lumbar total disc replacement treatment recommended for you.

Q What can I expect during recovery?

A During your recovery, you will see your surgeon for follow-up appointments and to start physical therapy and special exercise programs. Remember to follow your surgeon's advice on limiting your activity after lumbar total disc replacement. Wear a back brace or elastic bandage to provide additional support for your abdominal muscles if your doctor prescribes one for you. Patients in a study for the CHARITÉ® Artificial Disc returned to work in 6 to 8 weeks.

TERMS TO KNOW

- **Disc replacement** — surgery to replace a degenerated disc with an artificial one.
- **Degenerative disc disease, called DDD** — occurs when the discs wear out or are injured, causing pain or limiting daily activities.
- **Spinal fusion** — surgery that joins together two or more vertebral bones to stabilize the spine.