VERTIFLEX®
PROCEDURE
Superion® Indirect Decompression System

Boston Scientific
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Post-Procedure Care Guidelines

All post-procedure care instructions are to be prescribed by the treating physician.

Caring for Your Surgical Site

Most surgical site wounds (area on your lower back where the physician made an incision) will have a few stitches or staples that should be kept clean and dry until the first follow-up visit, usually scheduled in 7 to 14 days.

- Avoid scrubbing the surgical site for 72 hours
- Do not take baths and avoid excessive soaking of the site
- Gently pat the site with soap and water using a clean, soft rag
- Change the bandage daily and/or any time the bandage gets wet
- Report any changes such as redness, bleeding and/or swelling to your physician

Restrict Your Activity for at Least 6 Weeks

All patients have different needs, therefore it is important to always follow the treating physician's instructions regrading recommended activity restrictions.

For 6 weeks

- Limit all lifting, bending, and strenuous activity including:
  - Lifting any weight over 10 lbs.
  - Any large bending of the spine, especially twisting.
  - Strenuous activity such as swimming, golf, tennis, racquetball, running, jogging, or sexual activity.

Increase your light activity, such as walking, as tolerated.
Ask your physician regarding further recommended activity restrictions at your first follow-up visit.

Frequently Asked Questions

How do I care for the surgical site post-procedure?

Gently pat the site with soap and water using a clean, soft rag. Change the bandage daily or any time the bandage gets wet. Avoid scrubbing the surgical site, taking baths, and excessive soaking of the surgical site until your follow-up visit with the treating physician, usually scheduled 7-14 days after having the procedure.

Are there any restrictions to activity?

We recommend limiting strenuous activity for at least 6 weeks following your procedure, including: lifting any weight over 10 lbs., deep bending or twisting of the spine, and activities such as swimming, golf, tennis, racquetball, running or jogging, or sexual activity. Since all patients have different needs, it is important to follow the post-procedure care instructions prescribed by the treating physician.

I still have pain at the surgical site. Is that normal?

The surgical site may be sore for some days following the procedure. If you are experiencing any changes such as redness, bleeding, or swelling, report to your treating physician during your follow-up visit, usually scheduled 7-14 days after having the procedure. If you feel there is an emergency, call 9-1-1.

Can I go through airport security or metal detectors?

The implant is made of titanium alloy and may set off a metal or full-body detector. Make sure to let the TSA agent know you have a medical device in your spine before entering the detector. You should also request a Medical Device Implant Card from your treating physician's office to keep in your wallet or bag at all times.

Indications for Use: The Superion® Indirect Decompression System (IDS) is indicated to treat skeletally mature patients suffering from pain, numbness, and/or cramping in the legs (neurogenic intermittent claudication) secondary to a diagnosis of moderate degenerative lumbar spinal stenosis, with or without Grade 1 spondylolisthesis, having radiographic evidence of thickened ligamentum flavum, narrowed lateral recess, and/or central canal or foraminal narrowing. The Superion® Interspinous Spacer is indicated for those patients with impaired physical function who experience relief in flexion from symptoms of leg/buttock/groin pain, with or without back pain, who have undergone at least 6 months of non-operative treatment. The Superion® Interspinous Spacer may be implanted at one or two adjacent lumbar levels in patients in whom treatment is indicated at no more than two levels, from L1 to L5. Contraindications, warnings, precautions, side effects. The Superion® Indirect Decompression System (IDS) is contraindicated for patients who: have spinal anatomy that prevent implantation of the device or cause the device to be unstable in situ (i.e., degenerative spondylolisthesis greater than grade 1), Cauda equina syndrome, or prior decompression or fusion at the index level, scoliosis or spinous process fractures, osteoporosis, infection, allergy or reaction to any metal or implant or a high Body Mass Index. Avoid strenuous activity for 6 weeks after surgery, contact your physician if there is fluid leaking from your incision, if you have pain, swelling or numbness in your legs or buttocks or if you fall. Refer to the Instructions for Use provided on www.vertiflex.com for additional Indications for Use, contraindications information and potential adverse effects, warnings, and precautions prior to using this product. Caution: U.S. Federal law restricts this device to sale by or on the order of a physician.

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