



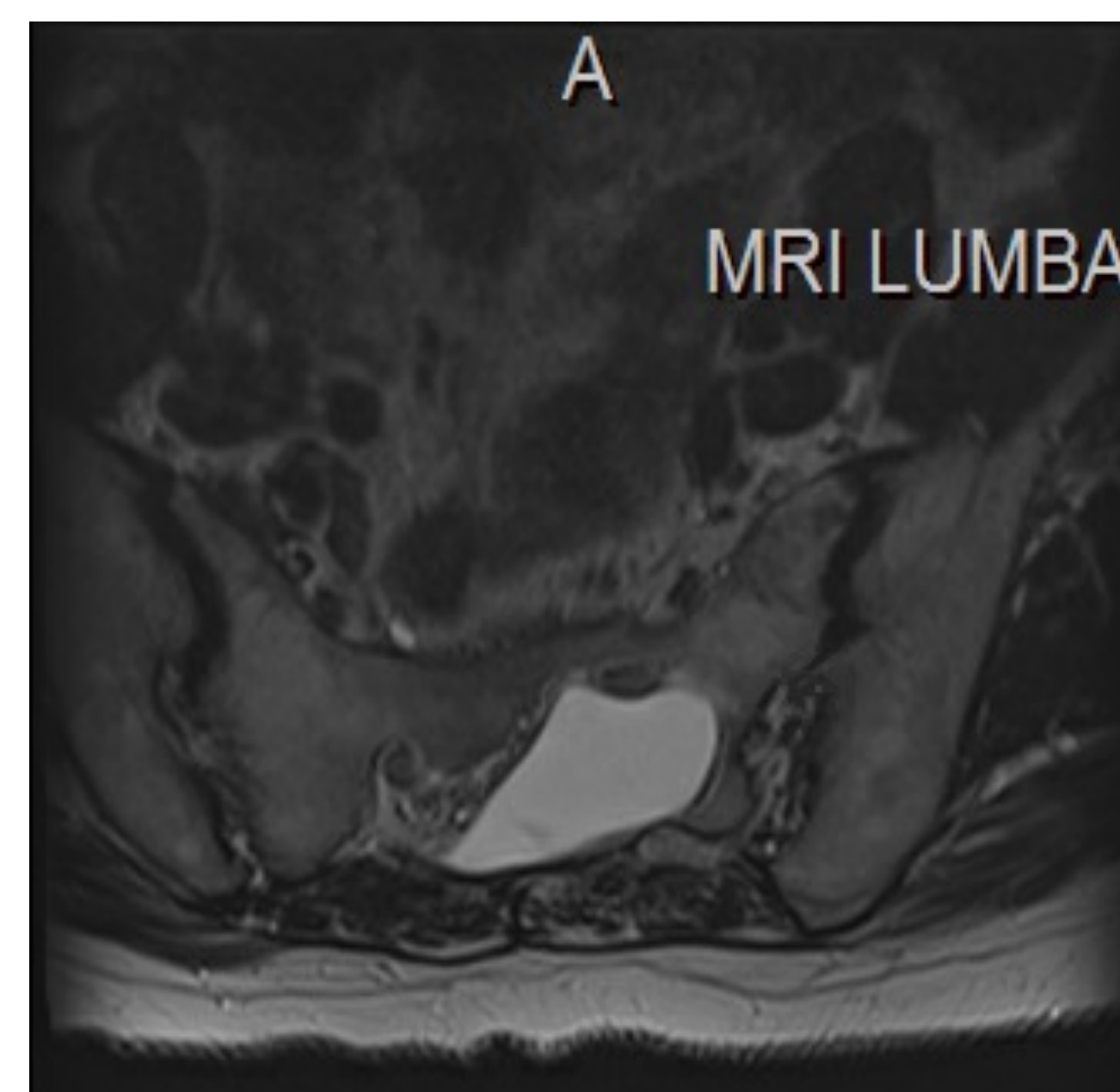
Xray guided drainage of a tarlov cyst.

Mahmoud Morsi, MD¹. (Abed Rahman, MD¹). Elena Hernandez¹. Dean Hernandez¹.

(1) Department of Anesthesiology, John H. Stroger, Jr Cook County Hospital

Introduction

- Tarlov cysts, are fluid-filled sacs located between the perineurium and endoneurium.
- Develop around the spinal nerve roots of unknown etiology but it is believed that they result from weakening of the nerve sheath covering the nerve roots that may be predisposed by trauma or exertion.
- Tend to decompress naturally.
- Nerve root compression can lead to permanent damage to the nervous system.

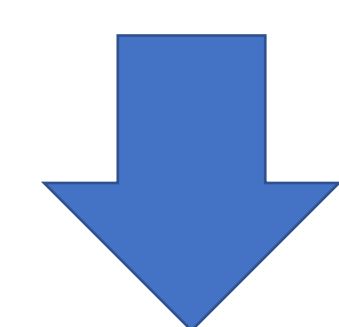


Materials and Methods

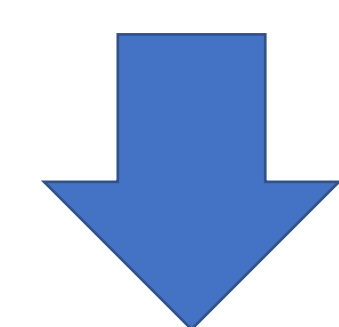
As the case report is devoid of patient-identifiable information, it is exempt from IRB review requirements as per Cook County Health Services policy.

Case Presentation

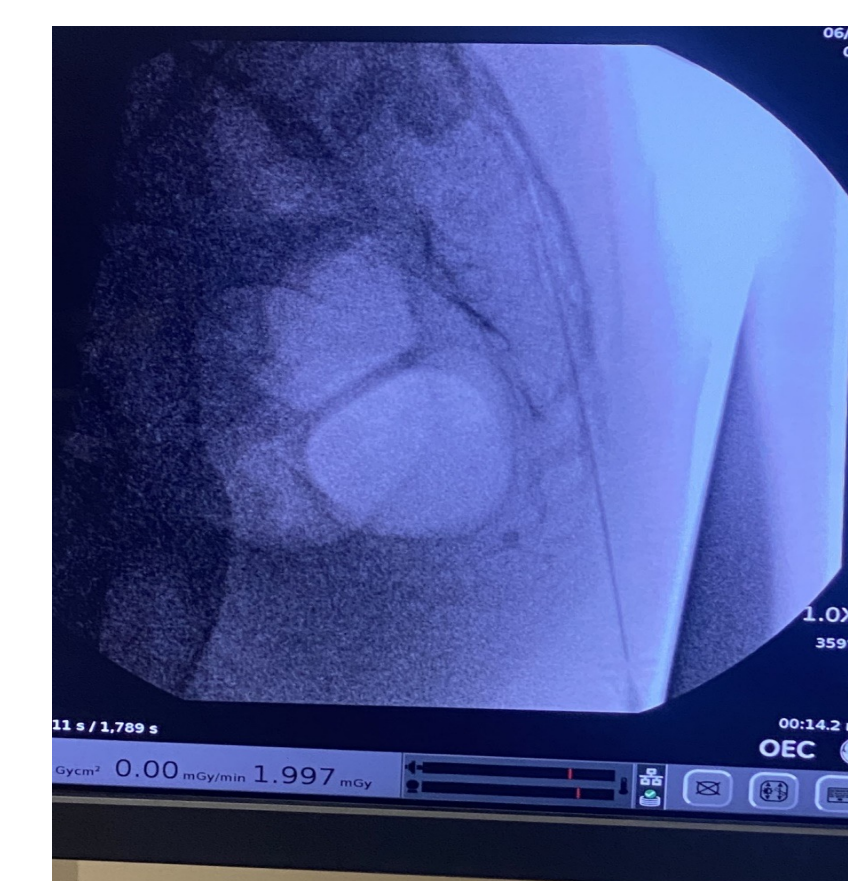
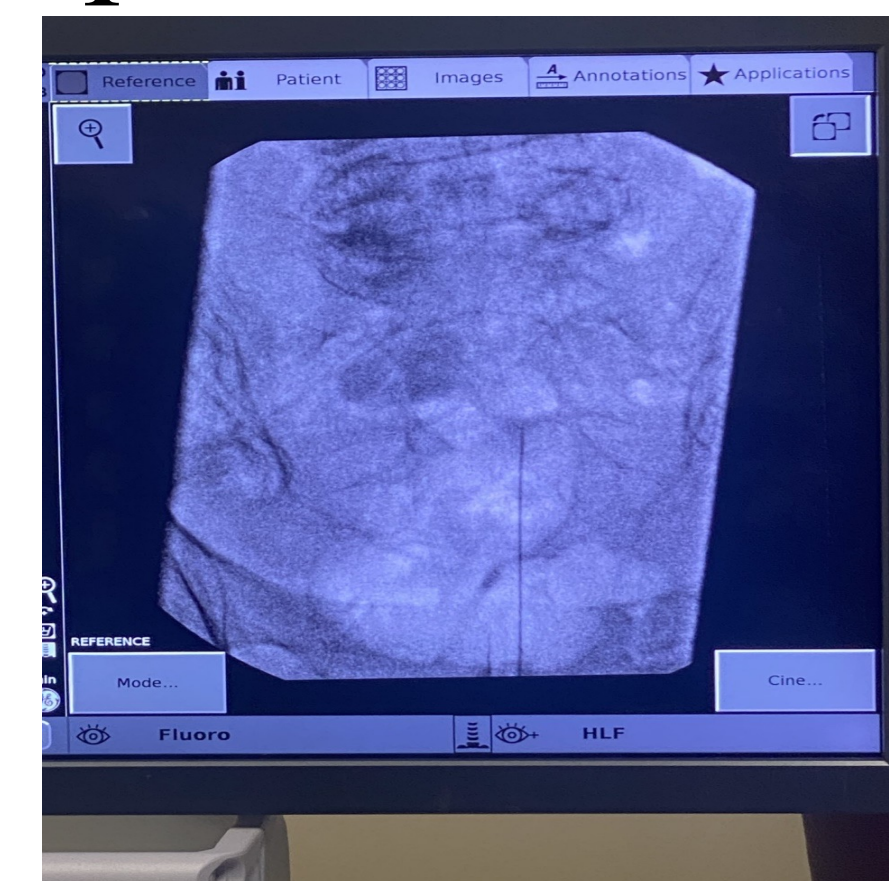
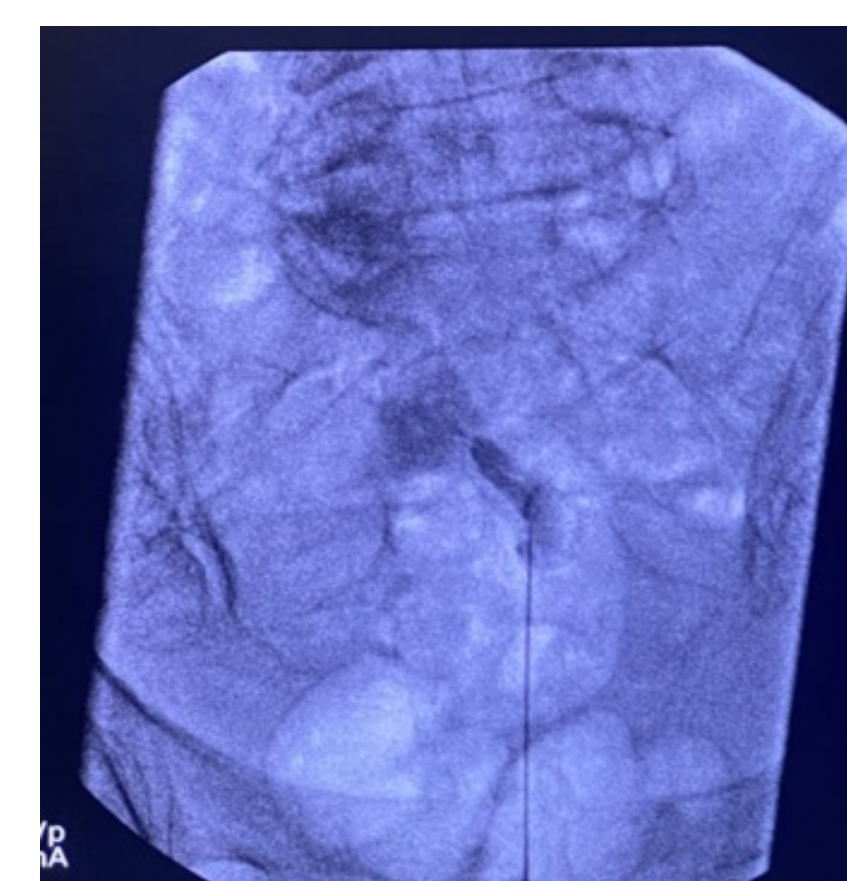
68-year-old female, who works as a housekeeper, presented with chronic back pain radiating to the buttock and posterior thigh exacerbated by prolonged walking due to a tarlov cyst. She was considered ineligible for surgical intervention as per neurosurgery.



During the Xray guided aspiration procedure, the patient experienced some discomfort. **Multiple extension tubes were connected to facilitate passive drainage via gravity.** A total of **55ml of serous thick fluid** was aspirated during the initial procedure, resulting in a **70% improvement** in her pain lasted for **6 months**.



A subsequent drainage procedure was performed, during which **31ml of fluid** was removed provided a **70% improvement** in her symptoms for a duration of **8 months**.



Conclusion

- We report a case wherein **successful Xray guided aspiration for treatment a symptomatic Tarlov cyst.**
- The patient experienced both improved symptoms and a reduction in the cyst's size, which were sustained for **6 months** following the initial aspiration.
- Although the patient encountered a return of pain after this period, subsequent aspirations led to less discomfort, and the relief persisted for a longer duration.
- The optimal treatment, however, has not been established. The benefit of one technique over another continues to be controversial due to limited data available.
- A higher level of evidence would be provided by a prospective study with more robust outcome measures.

References

- Lim Y et al .StatPearls Publishing; 2023.
- Medani K et al. J Spine Surg. 2019;5(4):496-503.

