



VERTEBROPLASTY/KYPHOPLASTY DISCHARGE EDUCATION

Information:

A vertebroplasty is a procedure where surgical cement is injected into fractured vertebrae of your spine. Kyphoplasty, similar to vertebroplasty, utilizes a balloon to increase space between vertebrae before injecting surgical cement. The procedure is performed to help relieve back pain caused by fractured vertebrae. This will also help make the spine more stable.

What should I expect after the Vertebroplasty/Kyphoplasty?

- You may have bruising and new soreness in your back for two to three days. To relieve pain, take Tylenol (acetaminophen) or the pain medicine your doctor prescribed.
- You may feel pain relief right away, or it may take several days. If your pain does not improve, call your family doctor.
- As your pain lessens and you become more active, you will need to be careful. You may have a higher risk for broken bones in the spine.
- If a brace was prescribed to you, wear it as directed and only bend within the restrictions of your brace.
- Take short walks. Start by walking for 5 minutes and gradually build up from there.
- No heavy lifting for 3 months (nothing heavier than 5 pounds). After 3 months, you can gradually increase your lifting to normal.

Bathing & Wound Care:

- Remove the small bandages on your incision after 24 to 48 hours or as directed by your doctor. Often there are not stitches to be removed.
- You may shower after 24 hours; do not submerge in water for a minimum of 3 days (bath tub, hot tub, swimming pool, river or any other body of water).
- Ice may be applied for pain around the incision. Alternate between leaving on for 20 minutes then take off for 20 minutes. Pain at the incision site may last for a few days.
- Keep your head elevated when lying down for 1 to 2 days following the surgery.

Follow-up visit information:

Call your primary doctor after discharge for a follow-up appointment if you don't already have one. Follow up with Interventional Radiology is not routinely necessary.

Occasionally, a situation will require prompt attention and an emergency room visit is necessary:

- Chest pain.
- Shortness of breath
- Trouble controlling your bladder or bowels
- Temperature over 100.3° or higher, or shaking chills
- Drop in blood pressure, and/or light-headed feeling
- Severe pain or increased redness, swelling, drainage, or warmth around the incision sites
- Weakness, numbness, or tingling in your legs.

With these urgent situations, please call Medford Radiology to see what your best course of action is.

If you received Conscious Sedation (IV sedation) and are discharged the same-day:

- You must have someone drive you home when you leave the hospital.
- For 24 hours after your procedure, do not do anything where you need to be mentally alert. This includes making important decisions, operating machinery, signing important papers, etc.

- Eat light for the first 24 hours, and then start eating more as you are able. Drink plenty of fluids.
- If you are taking pain medications:
 - Take as directed
 - Do not drink alcohol while taking narcotic pain medication
 - Do not drive
 - If you are constipated, drink more fluids and eat more fiber. You can also use an over-the-counter stool softener.

For any questions please contact Oregon Interventional Radiology clinic at 541-618-5800

In all emergency situations call 911