

Kyphoplasty (Balloon Vertebroplasty) Discharge Instructions

Discharge Instructions

Instructions following your procedure:

The procedure you had performed today was a Kyphoplasty which is utilized to stabilize and treat the pain from a fractured vertebrae. You can expect some discomfort following your procedure for the next 3-5 days which should gradually improve daily.

1. You will be monitored after the procedure for approximately 30-45 minutes. When everything has stabilized and the sedation has started to wear off, your driver will need to take you home. Lay in a flat or reclined position on your back for the next 12 hours. You may get up to use the bathroom however most of the time you should be laying on your back.
2. Do not operate a motor vehicle, heavy machinery, or power tools for the remainder of the day.
3. Do not drink alcohol for at least 24 hours.
4. Take your regular medications as prescribed by your doctors. Blood thinning medications should be resumed the day after the injection.
5. Place ICE on the injection site for 20 minutes several times a day. No heat is to be used on the injection site for the first couple of days following the procedure.
6. Drink plenty of fluids for the next 24 hours.
7. Because the short-acting anesthetic can make your legs feel numb or weak for 2-4 hours, you may be at risk for falls. You should minimize activity during this time. No lifting, repetitive bending, twisting, or excessive activity the remainder of the day. If you have movement restrictions per your provider please keep those in mind.
8. Tylenol or NSAID's such as Advil, should help with your discomfort. Generally, stronger medication is not indicated however if necessary please call our office.
9. You may shower, but do not use a bathtub, hot tub or whirlpool for two days.
10. Leave band-aid on for 7 days or until your follow-up with your Physician.

Most common side effects but not limited to the following:

1. Temporary Leg or Arm Numbness: The short-acting anesthetic can make your legs or arms feel numb or weak for 2 to 4 hours. Please follow activity instructions above.
2. Increased pain: Some patients may have some discomfort for several days after you injection. Use ice packs as directed and take your pain medication as prescribed by your medical provider. There will also be tenderness or soreness to the procedure site.
3. Mild Bruising: You may develop a bruise at the injection site.

Please call our office or go to the Emergency Room if you experience any of the following symptoms:

- Skin Rash
- Fever or temperature over 101.0 F
- Chills
- Severe headaches that won't go away
- Area of redness swelling or warm to touch at injection site.
- Numbness or tingling
- Paralysis

If you have an emergency call 911 or go to your nearest Emergency Room.