

Vertebroplasty / Kyphoplasty Discharge Instructions

1. Check port sites twice daily for the following: Green/yellow discharge, increased redness and/or tenderness at incision site, opening of the incision, flu-like symptoms, temperature above 101.5 *if any of the above should occur, please contact your physician's office.
2. Your bandages will most likely be removed before you leave the hospital, if not, they should be removed 24 to 36 hours after leaving the hospital, as long as there is no continued drainage from the port sites.
3. You may shower as normal once bandages are removed from port sites. If they are not removed before your discharge from the hospital, you may remove those 24-36 hours after leaving as noted in #2. Please refrain from using bath tubs, hot tubs, or whirlpools until seen in the office and advised otherwise. It is recommended that a shower chair be used for the first few weeks to ensure your safety.
4. The port sites should be cleaned gently using regular soap and water. Do NOT use heavily perfumed soaps. RUB GENTLY or PAT DRY! Do NOT place any ointments or lotions over the port sites.
5. You should NOT drive at least until seen in the office for your postoperative visit. You may be a passenger for short distances (20-30 minutes). If you must travel for a longer period, be sure to make stops so that you can walk around and stretch your legs. Reclining the passenger seat will be the most comfortable position for you.
6. Do not sit for periods longer than 20-30 minutes initially. You may increase this time as you become more comfortable.
7. DO NOT DO THE FOLLOWING:
 - Life anything greater than 15-20 lbs. (a gallon of milk in each hand is about 15 lbs.).
 - Bend below the level of your knees or twist at the waist.
8. DO walk as much as possible. Stairs are good for you, but take it slow. You may also use a treadmill. No running.
9. **NO smoking/chewing tobacco or any products containing nicotine including vapes!** These products drastically decrease the chance of a solid fusion and proper healing.
10. Call **208.732.0067** to make/confirm an appointment with Dr. Christensen for approximately 1 week after your surgery date, or if there are any questions/concerns. On weekends and evenings, call Cassia Regional Hospital at 208.678.4444 or Madison Memorial Hospital at 208.359.6900 and ask for Dr. Christensen to be paged.

I HAVE READ AND UNDERSTAND THESE INSTRUCTIONS

Patient Signature: _____ **Date:** _____

Instructed by: _____ **Date:** _____