



Minimally Invasive
Procedure Specialists

Kyphoplasty

WHAT YOU NEED TO KNOW:

Kyphoplasty is a procedure to fix broken vertebrae. Your vertebrae are the bones in your back that form your spine.

DISCHARGE INSTRUCTIONS:

Please contact the Radiology Department at (720) 528-0775 if you observe any of the following:

- Any pain, lightheadedness, or fainting
- Bleeding or swelling at procedural site
- Any swelling, discoloration or pain at the procedural site several days post procedure
- Signs of possible infection such as redness, swelling, heat, red streaks and/or elevated temperature above 100.5°F consistently

Site Care:

- Keep site from any type of water submersion for 1 week (i.e. Baths, hot tubs, pools, lakes)
- Leave site open to air, do Not put a dressing or bandage over the site after 24 hours. Allow the surgical glue to come off by itself. This may take 10-12 days
- For discomfort at site, ice may be applied to the area for 20 minutes out of every hour

Medications:

- Resume previous medications
- Continue to take your pain medications and/or muscle relaxants as previously directed for the first few days after the procedure. After this time, try to reduce your medications as tolerated

Diet:

- Resume previous diet as tolerated with no restrictions

Activity:

- Avoid vigorous physical activity for 24 hours post procedure
- Avoid lifting anything over 10lbs for 24 hours post procedure
- Resume normal activities in a gradual fashion. It is not uncommon for patients to feel much better after the procedure and over-exert themselves. Use good judgement in resuming activities
- It is not uncommon to have muscle soreness for up to 3 weeks after the procedure

Intravenous Site:

- A localized irritation of the vein may occur at the site of the intravenous insertions. Warm, moist packs applied 4-6 times per day for 2 days may reduce the pain and irritation.
- Notify your physician if the area continues to be painful or becomes red and/or hot to the touch.

Follow up with your healthcare provider or surgeon as directed: Write down your questions so you remember to ask them during your visits.

Follow-up: Contact the Radiology Care Unit at **(303) 738-2734** Monday through Friday 7:00AM to 5:00pm for any question. For afterhours urgent matters, please call the Radiology Department at **(720) 528-0775** and ask for the MIPS Interventional Radiologist on call.

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