

Care After Vertebroplasty, Kyphoplasty or Sacroplasty

Your Procedure

During your vertebroplasty, kyphoplasty or sacroplasty, a special cement was injected into the fractured bone through a hollow needle. The cement will keep the cracked bone from moving.

What to Expect After Your Procedure

- You should have major pain relief within a few days.
- It is common to have some soreness at the injection site. This usually lasts only a few days.

Activity

- You will rest in bed for 2 hours after the procedure.
- Have someone drive you home.
- You should have someone stay with you or be available to help you for 12 hours after the procedure.
- For the first 24 hours, limit your activity to resting and walking.
- After 24 hours, gradually increase your normal activities as you feel able.
- If you have osteoporosis, you are at risk for other fractures. Be careful to avoid sudden turns, overstretching, heavy lifting and falling.

Food and Beverages

- Return to your normal diet. Follow any instructions your health care provider gave you.

Your Health Care Provider

Name: _____

Phone number: _____

- Do not drink alcohol while you are taking prescription pain medicine.

Pain Relief

- Take your normal medicines (including pain medicine). Follow any instructions your health care provider gave you.
- Use a cold pack to help relieve discomfort.
 - Place a clean, dry towel on your skin before you place the ice pack.
 - Leave the cold pack on for 20 minutes at a time, once every 2 hours for the first 24 hours.

Site Care

- Bandages were placed over the injection sites.
- It is important to keep the site clean and dry.
- Do not swim or soak in a bathtub or hot tub for 1 week.
- You may take a shower while the bandages are still on. Cover the injection site with plastic wrap before your shower. Remove the plastic wrap after the shower.

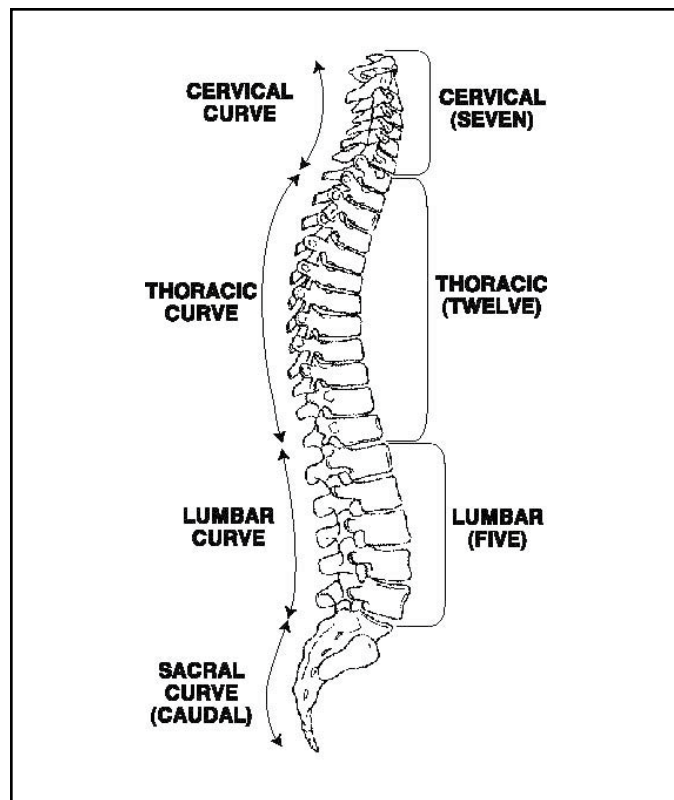
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- Change the bandages if they get wet.
- You may remove the bandages 48 hours after the procedure.

When To Call Your Health Care Provider

Call your health care provider if you have any of the following:

- increased back pain not relieved by rest, pain medicine, or both
- new numbness or tingling in your legs or feet
- pain, swelling, redness or drainage at the injection site
- chills or a temperature of 101 F or higher
- any questions or concerns.



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The labeled parts of the spine.