

VERTEBROPLASTY & KYPHOPLASTY

APPOINTMENT:



___/___/___ @ ___:___ am/pm
Re-schedule/cancellations:
308.995.3305

Please arrive at the hospital 15 minutes prior to your appointment to check in.

These procedures are for the treatment of painful vertebral compression fractures. They can increase a patient's functional abilities and allow return to the previous level of activity without any form of physical therapy or rehabilitation.

Vertebroplasty and Kyphoplasty are performed on patients who:

- are elderly or frail & will likely have impaired bone healing after a fracture
- have vertebral compression due to malignant tumor
- suffer from osteoporosis due to long-term steroid treatment or a metabolic disorder

Your doctor will likely first evaluate your condition using diagnostic imaging or a physical exam & will instruct you on how to prepare. He/she may also advise you to stop taking aspirin, non-steroidal anti-inflammatory drugs (N-SAIDS) or blood thinners several days prior to your procedure and instruct you not to eat or drink anything several hours beforehand.

Pain relief is immediate for some patients. In others, pain is eliminated or reduced within two days. Pain resulting from the procedure will typically diminish within 2-3 days. During that time you may feel a bit sore at the point of needle insertion. You can use an icepack to relieve any discomfort but be sure to protect your skin from the ice with a cloth and ice the area for only 15 minutes per hour.

SEE BACK FOR PROCEDURE

Contact our Imaging Department
with any questions:
308.995.2890

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VERTEBROPLASTY & KYPHOPLASTY

Procedure

1. This procedure is often done on an outpatient basis by an interventional radiologist.
2. You will be positioned lying face down for the procedure.
3. Moderate sedation may be used. As an alternative, you may receive general anesthesia.
4. A local anesthetic is then injected into the skin and deep tissues, near the fracture.
5. A very small skin incision is made at the site.
6. Using x-ray guidance, the trocar is passed through the spinal muscles.
7. In vertebroplasty, the orthopedic cement is then injected.
8. In kyphoplasty, the balloon tam is first inserted through the needle and the balloon is inflated, to create a hole or cavity. The balloon is then removed and the bone cement is injected into the cavity.
9. This procedure is usually completed within one hour. It may take longer if more than one vertebral body level is being treated.
10. You may not drive after the procedure, but you may be driven home if you live close by. Otherwise, an overnight stay at a nearby hotel is advised.
11. If you take blood thinners, check with your doctor about restarting this medication the day after your procedure.
12. Your bandage should remain in place for 48 hours. Do not immerse the bandage in water for 48 hours. This is to prevent infection. Taking showers is allowed.

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Thank you for choosing
Phelps Memorial Health Center

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