

## **Kyphoplasty procedure**

The goals of the kyphoplasty surgical procedure are to stabilize the spinal fracture and to stop the pain caused by the fracture. Kyphoplasty is considered a minimally invasive surgical procedure because the procedure is done through a small puncture in the patient's skin (as opposed to an open incision).

### **Recovery from kyphoplasty:**

For the first 24 hours after your kyphoplasty bedrest is usually recommended. Activities may be increased gradually and most regular medications can be resumed. There may be some soreness for a few days at the puncture site which may be relieved with an ice pack.

Many patients undergoing kyphoplasty experience 90 percent or better reduction in pain within 24-48 hours and increased ability to perform daily activities shortly thereafter.

### **After the procedure**

- You will spend 60 minutes laying quietly on your back.
- You may experience these conditions lasting three to four hours:
  - Warmth, redness and absence of sweating on the extremity of the blocked side
  - Numbness, tingling or weakness on the blocked side
- You may experience these conditions during the first 24 hours:
  - Backache
  - Muscle spasms
  - Numbness at the area of injection
- Your injection site may feel sore for one to two days.
- You may develop a bruise at the injection site.

### **Care following your procedure**

- Rest the day of your procedure, and avoid strenuous activity. If you have questions about your activities, ask your physician or nurse.
- Do not drive for 24 hours after the procedure
- You may shower, but do not use a bathtub, hot tub or whirlpool for two days.
- You may use an ice pack on the injection site for 20 minutes, three or four times during the first 24 hours.
- Leave band-aid on until 7 day follow up.
- Do not use heating pads or any other form of continuous heat on the injection site for two days.
- Continue to take your usual medications, unless instructed otherwise.
- Watch your injection site for signs of infection. Call your physician or go to the emergency room if any of the following occur:

- You have a fever (a temperature higher than 100.4 degrees Fahrenheit or 38 degrees Celsius).
- Your injection site becomes red, swollen, tender or warm.
- Fluid drains from the injection site or an odor is present.