

Post-Procedure Care after Vertebroplasty and Kyphoplasty

Post-Procedure Care

After vertebroplasty and kyphoplasty you will be transferred to the recovery room for two hours. During this time you will be monitored and the degree to which your back pain has been alleviated will be assessed. Then you will be taken to your hospital room.

During your hospital stay you will be encouraged to walk and move. Patients are generally discharged from the hospital within 24 hours.

Discomfort

After procedure pain and discomfort will be managed with narcotic medication. However, using these medications can cause constipation so you should drink more water than usual and eat foods high in fiber. If your pain is not severe you may take alternative pain medication, such as paracetamol.

Bathing / Incision care

Keep the incision covered and dry for 24 hours. After that period you may shower. Gently pat the incision site dry. Do not soak in a bathtub.

Post-procedure activities

- Avoid strenuous activity, including bending, pushing, stretching or pulling movements, for several weeks.
- Avoid heavy lifting. Do not lift anything over five kilograms.
- No driving for two weeks.
- You may wear your back brace when you are up and walking. You do not need to wear it to bed.

- Avoid prolonged sitting upright for more than 20-30 minutes.
- Walking is very important for healing and your rehabilitation. Initially you should walk at least two to three times daily. Then gradually increase your distance as your tolerance for physical activities increases.
- You may go up and down stairs carefully, as much as you can tolerate.
- Roll onto your side before sitting up to get out of bed.

Contact the doctor if you experience

- A fever of more than 101°F /38°C or the incision show signs of infection, such as redness, swelling, pain, or drainage.
- Difficulty with balance or walking
- Bowel or bladder problem
- Increased back pain
- Chest pain or shortness of breath