

PATIENT EDUCATION

Kyphoplasty

Why do I need a Kyphoplasty?

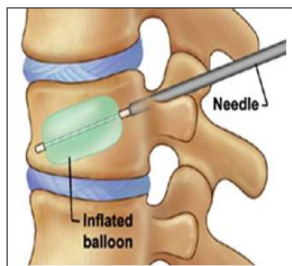
Kyphoplasty is an innovative, minimally-invasive, non-surgical procedure that has proven to strengthen the vertebrae of your spine and significantly improve pain caused by vertebral body compression fractures. Fractures are often secondary to osteoporosis, cancer metastasis, or trauma. This therapy has helped people even when conservative therapies such as physical therapy or medications have not provided adequate relief.

How does a Kyphoplasty work?

Kyphoplasty stabilizes the fracture, which decreases pain. It has also been shown to restore vertebral height and vertical alignment that was damaged by the collapse of the vertebrae.

How is a Kyphoplasty performed?

Kyphoplasty is also referred to as Balloon Assisted



Vertebroplasty. This method involves placing needles into the fractured vertebrae and placing a strong inflatable balloon into the vertebra under X-ray. When the balloon is

inflated, it makes a space in the center of the vertebrae, where acrylic cement can be injected using low pressure. The procedure takes about 30 minutes, and then the patient lies flat for about 30 minutes while the cement hardens, after which pain relief should be immediately noticed.

what you need to know

What are the potential risks?

As with any invasive procedure, there is the risk of infection and bleeding at the injection site.

What should I expect following the procedure?

The procedure will take about 30 minutes. You should plan on being at the hospital for about an hour. Initially you will be asked to lie flat on your back for about 30 minutes, and then slowly get up.

Typically, day-to-day activities can be resumed the following day. There is minimal soreness at the site of the injection.

How do I prepare?

You should continue with all therapies and medications prescribed by your doctor. If you are on a blood thinner, you may need to discontinue it prior to the procedure. We will discuss this with you before your injection.

You will need to be NPO (nothing by mouth) after midnight the day of your procedure.

Please register at the front lobby reception desk when you arrive. A member of the hospital staff will escort you from there. Plan to spend at least one hour at the hospital, and make sure to have someone available to drive you home.

Same Day Surgery will call you with a date and time for your procedure. *Typically, injections are scheduled on Monday and Fridays.*