

VERTEBROPLASTY/KYPHOPLASTY Instruction sheet

You have been diagnosed with a vertebral fracture. This minimally invasive procedure (vertebroplasty/kyphoplasty) was discussed with you during your office consultation.

A nurse will contact you 24-48 hours pre procedure to go over the procedure and your medications.

How to prepare:

Please inform our office if you are taking **Coumadin**.

We will ask that you **NOT** eat or drink anything after midnight the night before your procedure, with the exception of your medications with a small sip of water.

You will have either conscious sedation or anesthesia as discussed in your office visit

_____ **Conscious Sedation**

Procedure requirements: **CBC, Chem 8, PT/INR**. A doctor's order sheet will be provided to you the day of your office consultation. This is your pre procedure lab requirement. The results of this lab work will need to be reviewed by us, at least 24-48 hours prior to your scheduled procedure.

_____ **Anesthesia**

Procedure requirements: **CBC, Chem 8, PT/INR, Chest Xray (CXR), EKG and pre-operative clearance evaluation**. A doctor's order sheet for your pre-operative clearance requirements will be provided to you on the day of your office consultation. Please contact your primary care doctor today to schedule your pre-operative clearance evaluation and please take the doctor's order sheet with you on the day of your appointment.

Post procedure:

Rest for the first 24 hours, longer if needed.

You should have relief from this procedure within the first week after treatment, however everyone is different in their healing process. Please call if:

- you are having trouble breathing, have developed a fever, if the puncture site looks red, or if you have weakness in your legs.
- after a week you are not feeling relief
- if you had relief after the first couple of days and the pain has now returned

