

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 30-60 minutes laying quietly on your back.
- 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 ten 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 your 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.