

Discharge Instructions following Vertebroplasty

Dr. Sonjay Fonn, DO

What is a Vertebroplasty?

A vertebroplasty is an invasive procedure used to correct vertebral compression fractures using bone cement. You will be given medication to help you relax or go to sleep. The physician will inject cement into the fractured bone. The procedure takes approximately 1 hour per fracture.

What are the benefits of a Vertebroplasty?

Stabilization of the fractured vertebrae and decreased pain.

What are the risks of a Vertebroplasty?

Infection and bleeding are risks for any invasive procedure. Other risks include nerve injury and the cement material escaping to other areas of the spine.

Activity instructions after the procedure:

- No sitting for hours at a time. Walk or lie down between sitting.
- No lifting more than 15 pounds.
- Avoid frequent bending, stooping or twisting of the back.
- Move slowly and logroll.
- Wear your brace as instructed.
- Avoid long car rides the first several weeks. You may start driving when you are pain-free and not taking any narcotics.
- Slowly resume normal activities as long as they do not cause pain and you follow the above instructions.

Dressings:

You will have 2 bandages in place after the procedure. They may be removed and you may shower when you get home.

Call Dr. Fonn's office at 573-651-1687 if:

- If you have a temperature greater than 101 degrees.
- If there is redness, swelling or drainage at the surgical site.
- If you have any increased pain in your back, hips or legs

A follow up appointment will be made for you in 2 weeks to see Dr. Fonn.

Follow Up Appointment: _____

Responsible Party

Discharge Nurse