

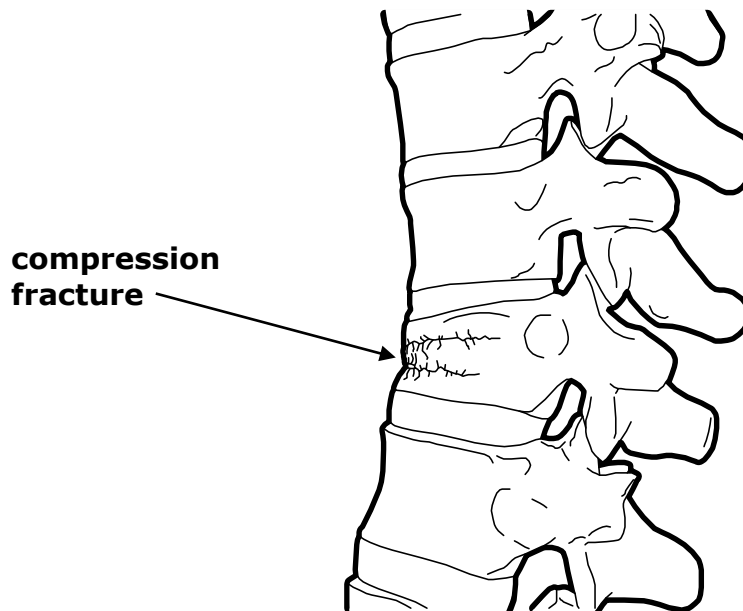
Kyphoplasty

Why do I need a kyphoplasty?

The reason for your surgery is to decrease the pain from the vertebral fracture. Kyphoplasty may also restore the height of the bone. This can decrease the spinal deformity caused by the fracture. These fractures are a common result of getting older and osteoporosis (thinning of the bone) as well as fractures related to cancer.

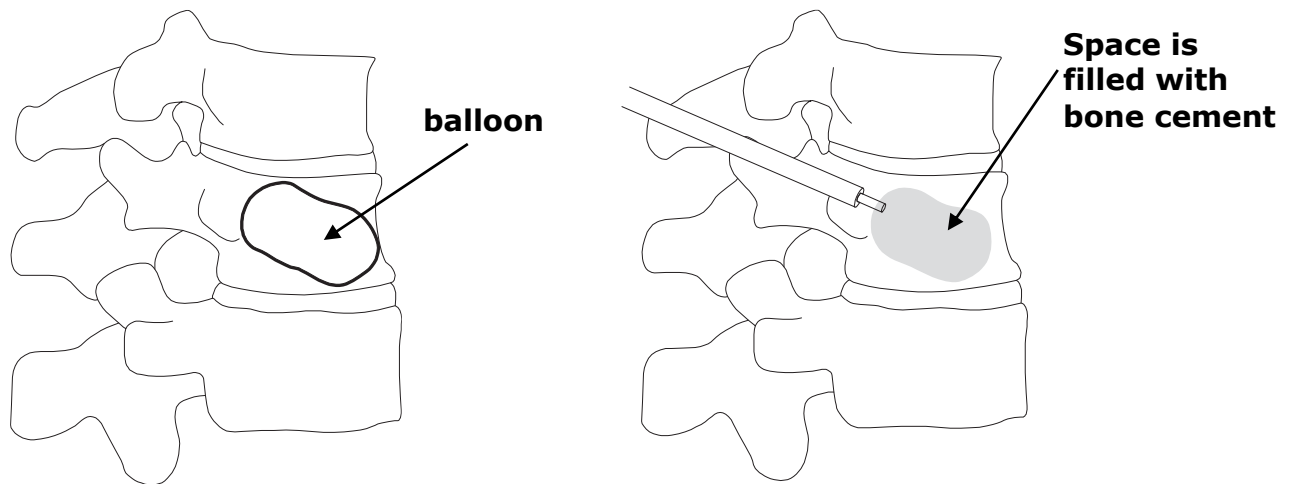
Vertebral fractures may cause:

- loss of height
- bent over posture
- intense back pain
- leg weakness



What is a kyphoplasty?

The surgeon makes a small cut or incision in your back. Then a small tube with a balloon is put into the vertebral fracture. The balloon is inflated and may return the vertebrae to its correct height. The balloon is then deflated and removed. A space is left in the bone where the balloon was. The space is then filled with bone cement. This holds the vertebrae in place and provides some pain relief.



Preparing for your surgery

You may be asked to stop taking certain medications or to stop smoking. Some medications and smoking may affect the results of low back surgery. The nurse will talk to you about what medications to take and not to take. Review the checklist from the pre-op visit.

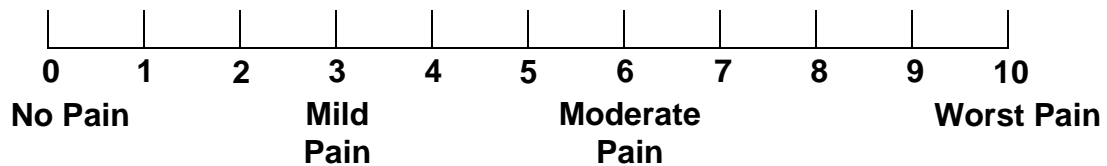
You will be going home the same day as your surgery. Arrange for someone to drive you home.

Arrange for someone to stay with you and check in on you regularly when you go home. You will be able to walk, but you may need to arrange for help with some household activities such as cleaning, grocery shopping, laundry and cooking. You may want to stock up on groceries and prepare some meals in advance.

After your surgery

You will be taken to the Post Anesthetic Care Unit (PACU). When you are fully awake you will be taken to Same Day Surgery (SDS).

The nurses will ask you about your pain using this pain scale:



When will I be ready to go home?

You will be ready to go home from Same Day Surgery, when:

- your heart rate, blood pressure and breathing are stable
- your pain is under control
- you are able to void or pee on your own
- you can walk

You may need to stay longer if you have any problems, such as:

- fever
- new feelings or numbness, tingling or weakness
- hard time breathing

Caring for yourself at home

Pain

You may notice some pain with the incisions in your back.

- Take your pain medication as directed. You may also use an ice pack to relieve the pain (use only for 15 minutes per hour).
- Acetaminophen or nonsteroidal anti-inflammatory medicine may also help.
- You may also be given medicine to prevent muscle spasms. Be sure to follow your doctor's instructions.

Constipation

Pain medication often causes constipation. The following can help prevent constipation:

- A stool softener or laxative may be needed. If you are not given a prescription for this, speak to your pharmacist.
- Eat foods high in fibre such as whole grain cereals and bread, fruits and vegetables.
- Drink extra fluids like water or juice.
- Walk on a regular basis.

If you still have constipation, talk to your family doctor or pharmacist.

Shower and bath

You can take a shower the day after the surgery. Do not take a bath until all the wounds are healed. The wounds are healed when there are no scabs.

Dressing

Each incision is covered with a steri-strip (small piece of tape) and a bandage. These can be removed 5 days after surgery.

Activity

There are no restrictions on activities. Do what feels comfortable and what your pain level allows you to do.

When will I see my surgeon again?

Before you leave the hospital, you will be told when to make a follow up appointment with your surgeon.

Call your surgeon

Call your surgeon if you have:

- fever and chills
- redness, swelling, increasing pain, excessive bleeding or any discharge from the incision site or the needle insertion site
- severe back or rib pain
- cough, shortness of breath or chest pain
- new numbness, tingling or weakness