

# Vertebral Augmentation



UHN

## Instructions For Patients Going Home

You have had an Anesthetic.

Do not drive a car or drink alcohol for 24 hours.

- Vertebroplasty
- Kyphoplasty

You had vertebral augmentation because of your spinal fracture. There are different types of vertebral augmentation and these can include kyphoplasty or vertebroplasty. Your doctor would have told you the type of augmentation you received.

### What is vertebral augmentation?

Vertebral augmentation is a procedure done to stabilize your fracture using a needle to put bone cement into the spine. This results in pain relief.

### After Your Procedure

#### What can you eat and drink after your procedure?

- Start by drinking clear fluids like apple juice. Then you can go back to eating and drinking what you normally would after your surgery.
- If you are feeling nauseous (sick to your stomach) or vomiting, you can take anti-nausea medication such as Gravol™ which you can get from your pharmacy without a prescription. Take it as directed and continue to drink fluids until the nausea passes. Then slowly return to your normal diet.

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## **What activities can you do after your procedure?**

- Go home and rest today.
- You might feel some tenderness where you had the procedure. This is normal and will go away in about a week.
- You can return to your normal activities 24 hours after your procedure.
- Do not do any heavy lifting.
- You can drive your car 48 hours after your surgery.
- If you have questions about getting back to work, ask your doctor.

## **How to take care of your bandage (dressing) and wound**

- You may have one or several cuts on your back.
- The pink colour will wash off your back.
- A bandage or dressing has been placed on your back at the site of the procedure.
- There are no stitches to be removed.
- Don't get the bandage wet for 24 hours.
- You can replace your dressing with a clean one if it gets dirty or wet.
- If the wound bleeds a little, have someone apply gentle pressure on the spot.

## **When can I shower or bath?**

- You can shower 24 hours or 1 day after your procedure.
- Do NOT take a bath or swim until the wound has healed (usually after 7 days).
- After you shower, apply a clean band-aid.

## **How to cope with your pain**

Continue to take your regular pain medication after your procedure. As you feel comfortable, gradually reduce the amount of medication as needed.

## **Problems to watch for**

Call your surgeon or go to the nearest hospital emergency department if the following happens:

- If you have increasing pain after a few days.
- Fever greater than 38 degrees Celsius or 101 degrees Fahrenheit.
- Yellowish or green discharge (pus) from the wound.
- Numbness or tingling that you feel down your legs or feet.
- Difficulty passing urine

## Follow-up appointment

If you don't already have a follow-up appointment, please call your surgeon's office to make one. Your appointment should be 4 weeks after your procedure.

Doctor: \_\_\_\_\_ Telephone: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

## Special Instructions for you

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