

## DISCHARGE INSTRUCTIONS KYPHOPLASTY

Fractures in the bones of the spine (vertebrae) can cause severe back pain and loss of movement. You had a procedure, called kyphoplasty, to cement the fractures in your spine, restore the height of the vertebrae, and help relieve pain. The following are instructions to help you care for your back when you are at home.

### HOME CARE

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- Take your medication exactly as directed.
- Remove the small bandages on your incision 24-48 hours after the surgery.
- Don't shower or soak in a bathtub for 1-2 days after surgery.
- Use an ice pack or bag of frozen peas (or something similar) wrapped in a thin towel to reduce the swelling and pain around incision sites. Apply the ice pack for 20 minutes, then remove it for 20 minutes. Repeat as needed.
- Wear your brace, if you were told to do so by your doctor. And to help stay flexible, bend as much as the brace allows you to.
- For the first 1-2 days after surgery, keep your head elevated when lying down.
- Take short walks. Start by walking for 5 minutes at a time. Then gradually build up your time and distance.
- Don't drive for 2 days after surgery. And never drive while taking pain medication.
- Don't lift anything heavier than 10 pounds (about the weight of a gallon of milk) for 3 months. After 3 months, you may be able to increase lifting and return to normal. Speak with your doctor before doing this.

### WHEN TO SEEK MEDICAL ATTENTION

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**CALL 911 RIGHT AWAY IF YOU HAVE CHEST PAIN OR SHORTNESS OF BREATH.**

OTHERWISE, CALL YOUR DOCTOR IMMEDIATELY IF YOU HAVE ANY OF THE FOLLOWING:

- Increased redness, swelling, drainage, or warmth around the incision sites.
- Severe pain at the incision site.
- New pain, unrelieved back pain.
- Weakness, numbness, or tingling in your legs.
- Fever above 100.4 degrees Fahrenheit or shaking chills.

AMI Vascular Institute: (609) 652-6094 • (732) 206-8455 • (856) 362-6056

After Hours, please call: (609) 814-5243

Patient: \_\_\_\_\_

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

AMI Representative: \_\_\_\_\_

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