



Kyphoplasty Discharge Instructions

Summary of Procedure:

A balloon kyphoplasty procedure was performed to stabilize a fractured vertebra and alleviate your back pain. A balloon was inserted into the fractured vertebra, inflated to restore height, and then bone cement was injected to stabilize the bone.

Following the Procedure:

- **Temporary Relief:** You may start to feel the effects of the balloon kyphoplasty immediately, with full relief developing over the next few days.
- **Sensation Changes:** Some patients may experience mild discomfort or a sensation of fullness in the treated area. Take extra care when engaging in physical activities to reduce the risk of injury. Do not drive or operate machinery for the remainder of the day.
- **Activity Restrictions:** Avoid heavy lifting or strenuous activity for the next 24-48 hours.
- **Dressing Care:** If there is soreness at the injection site, a cold compress or ice pack applied for a few minutes may help. Slight bruising or tenderness is normal. You may remove the dressing/band-aid from the site in 24 hours.
- **Medication and Diet:** Resume your usual medications as previously prescribed and continue your normal diet.

When to Contact Us or Your Physician:

- **Fever** greater than 101 degrees Fahrenheit
- **Persistent, severe headache**
- **Excessive redness, warmth, or discharge** at the injection site
- **New or worsening back pain**
- **Difficulty breathing or swallowing**

Emergency:

If you are experiencing a medical emergency, please go to the nearest emergency room immediately. For any concerns or questions, please contact Vitruvian Health at (616) 841-2615 or your primary care physician. Your health and safety are our top priorities.

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