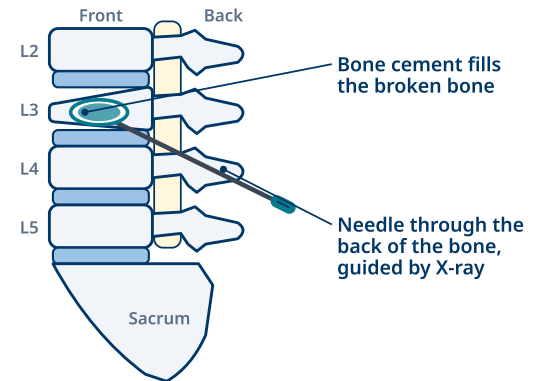


Kyphoplasty & Vertebroplasty

What it is

Kyphoplasty and vertebroplasty treat a broken bone in the spine. A doctor puts bone cement into the bone through a needle. This may make the bone steadier and ease pain.



Why it is done

- Painful vertebral compression fracture confirmed by imaging
- Pain that limits walking or daily activities
- Fracture that has not improved with initial conservative care
- Patients without active infection

Self-care tips

- Rest the day of your injection. Most people return to light activity the next day.
- Ice on the site for 15 to 20 minutes may ease soreness.
- Keep a pain diary for 2 weeks to share with us.
- Keep taking your usual medicines unless we tell you otherwise.

What to expect

Before: An MRI or CT confirms the fracture. We review your medicines and bone health.

During: You get sedation or anesthesia. Using X-ray, the doctor places a needle into the broken bone and fills it with bone cement.

After: You are watched for a short time and usually go home the same day. You then slowly return to normal activity.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- A bad headache that is worse when you sit or stand

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/kyphoplasty-vertebroplasty/



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This handout is general information and is not a substitute for medical advice.