

Vertebroplasty/Kyphoplasty

You have received the following Anaesthetic that is checked (✓)

- Local Anesthetic** - An injection of anesthesia (freezing) to numb a small area at the site of your procedure. It is common to feel mild or temporary numbness or tingling around the site.
- IV Sedation** - Medications given through your intravenous to relax you and decrease anxiety while you are still awake. It is common to have trouble remembering what happened during your procedure, and/or feel tired for the rest of the day. You must return home with a responsible adult who will remain with you overnight. You should not take public transit after the procedure.

With IV sedation, do not drive, use machinery or power tools or make important legal or financial decisions for the next 24 hours.

Diet

There are no diet restrictions. Avoid alcohol for 24 hours. Drink plenty of fluids for the next 24 hours

Activity

Get plenty of rest for 24 hours after the procedure and keep your head raised 30 degrees when lying down for the next 24 – 48 hours. Avoid any strenuous exercise, or lifting objects which weigh more than 5 pounds for 3 months.

Dressing

Keep your bandage dry for 24 hours. Replace the bandage as needed if it becomes soiled or wet. Remove bandage after 24 hours if no drainage. You may bathe or shower on the next day after your procedure when the bandage is removed.

Medication

Avoid taking medication containing aspirin or blood thinners for 24 hours after your procedure unless otherwise directed. Take pain medication, as prescribed, or you may take Acetaminophen (Tylenol®) (if no allergy) 1 – 2 tablets every 4 – 6 hours as needed for pain, up to a maximum of 4,000 mg in 24 hours. You may take your next pain medication at: _____.

Follow Up

Return to see your doctor as directed.

CALL YOUR DOCTOR DURING OFFICE HOURS, OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF:

1. Fever over 38.5°C or 101.3°F, or shakes and chills
2. Increasing redness, tenderness, swelling, bleeding or bruising at the procedure site
3. Severe headache or headache that worsens with position change
4. Pain, burning, numbness or tingling in your legs, or leg weakness or difficulty walking
5. Increasing pain at the puncture site that is not relieved by acetaminophen
6. Shortness of breath or difficulty breathing, or heart rate over 100 bpm
7. Dizziness, light headedness or confusion, exhaustion, extreme weakness, sweating, pale/blue skin
8. Persistent nausea or vomiting.

Diagnostic Imaging Day Unit 905-472-7373 ext. 1521 (Mon-Fri 8:00 am-3:00 pm)