SpinePain SOLUTIONS

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Post-Procedure Instructions: Kyphoplasty / Vertebral Augmentation

After your procedure

Includes a note on SpineJack® and vertebroplasty

Follow any specific instructions your care team gives you. These instructions do not replace advice from Dr. Sharma or your SpinePain Solutions care team. Follow any personalized instructions you were given at discharge. If something on this sheet conflicts with what you were told, follow your care team's directions and call the office.

Call 911 or go to the nearest emergency room if you have:

- Chest pain, trouble breathing, or coughing up blood
- New or worsening weakness in your legs, or you cannot walk or stand (after the numbing medicine has worn off)
- New trouble controlling your bladder or bowels, or new numbness in the groin, buttocks, or inner thighs
- Confusion, fainting, or a sudden, severe headache
- Bleeding from the incision that does not stop after 10 minutes of firm pressure

Call the office right away at 631-310-0000 if you have:

- A temperature of 100.4°F (38°C) or higher, or shaking chills
- Redness, warmth, or swelling around the incision that is getting worse, or drainage that is cloudy, yellow-green, or bad-smelling
- Clear, watery fluid leaking from the incision, or a headache that gets worse when you sit or stand up and better when you lie down
- Pain that keeps getting worse, new sudden severe back pain, or pain that your medicine does not control
- Pain, swelling, or redness in one calf or leg
- New tingling or numbness that is spreading

If you cannot reach the office and you are worried, go to the nearest emergency room.

What was done

You had **kyphoplasty / vertebral augmentation** for a spinal compression fracture. Through small incisions in the back, the fractured vertebral body was accessed, a cavity was often created (balloon or similar technique), and bone cement was placed to stabilize the fracture and reduce pain.

If your procedure was SpineJack® or vertebroplasty, the same general wound care, activity, and warning signs usually apply unless your discharge sheet says otherwise. Your care team will tell you if anything is different for your implant or technique.

What to expect in the first 24–48 hours

- Take it easier the first day. Short walks to the bathroom and around the house are usually fine once you feel steady.
- Incision-site soreness and temporary increase in back ache or muscle spasm are common for several days.
- Many people notice fracture-related pain improving within the first day or so, but everyone's timeline differs.
- Sedation effects: no important decisions, alcohol, or driving today.

Activity and lifting

- After the first day, gradually increase short walks (start with a few minutes at a time).
- **Do not lift more than 10 lb** (a full gallon of milk weighs about 8 lb), and avoid deep bending, twisting, pushing, and pulling, for at least **2 weeks**. Because fractured bones are often fragile, your care team may keep lifting limits longer. Ask at your follow-up visit before you lift more.
- Wear a brace only if one was prescribed.

Dressing and bathing

- Small bandages may usually come off after **24–48 hours** if dry and clean.
- You may often shower after 1–2 days. Pat dry. Avoid scrubbing.
- **No soaking** (bath, pool, hot tub) until cleared.

- Stitches are often not needed.

Medicines, ice and heat

- Continue home medicines unless told otherwise. Restart anticoagulants **only as directed by your provider**.
- Acetaminophen or ibuprofen (if safe for you) may control mild pain; use prescription medicine only as needed.
- Ice 15–20 minutes on / off with a cloth barrier for incision comfort. Avoid heat on fresh puncture sites.
- If lying down feels better with the head of the bed slightly raised for 1–2 days, that is fine unless told otherwise.

Driving and work

- **Do not drive for at least 24 hours** after sedation or anesthesia, and do not drive while you are taking opioid (narcotic) pain medicine.
- Before you drive again, you should be able to turn your head and body, look over your shoulder, and brake quickly without pain slowing you down.
- After kyphoplasty, wait about **2 days (48 hours)** before driving, or longer if your care team tells you to.
- Return to work: often several days to about a week for lighter jobs; longer if work is physical—confirm with your provider.

Follow-up

Schedule follow-up as directed (often around **1–2 weeks**). Call **631-310-0000**. Discuss bone health, fall prevention, and when to advance lifting at that visit.

Questions or concerns?

Please contact us through **Klara** or the **patient portal**.
You can also text us at 631-310-0000, or call 631-310-0000.
Website: SpinePainSolutions.com

Scan to open your patient portal

SpinePain Solutions · Dr. Amit Sharma · Bay Shore / Commack / Farmingdale · Phone: 631-310-0000. These instructions do not replace advice from Dr. Sharma or your SpinePain Solutions care team.

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