



Kyphoplasty and Vertebroplasty

What is kyphoplasty and Vertebroplasty?

These are procedures that we do for a compression fracture in the spine bones. It is done when there is back pain and/or deformity from a compression fracture that does not get better spontaneously or with oral medications and physical therapy.

How is it done?

We give medication to provide sedation intravenously. You won't be laying on your stomach and we will clean the bag very carefully. We numb the area very well. Under x-ray guidance we introduce a needle into the bone which has a fracture and through that needle we introduce a balloon. The balloon blows up to create a cavity primarily and may even lift the fracture a little bit in some cases. Then, through the same needle and after taking the balloon out we inject a bone cement. Depending on how many levels are treated the length of this procedure may vary. One level takes around 30 minutes. Each additional level is only 5 to 10 more minutes per level.

How effective are these procedures?

Kyphoplasty and Vertebroplasty can provide significant reduction in pain. The pain reduction may happen within 30 minutes after the procedure, but it may take up to two weeks to start seeing some relief. Eight to nine out of 10 people will experience relief which they consider significant enough.

What are the risks?

The risk of complication with kyphoplasty/ vertebroplasty is very low. However, there could be bleeding, infection or reaction to the medications used. There is risk of injury with the needle or the cement. All of these are very unlikely as the procedure is done under extra guidance and antibiotics are given prior to the procedure. We use sterile technique and disposable equipment.

What happens after the procedure?

You will lay in bed for 30 minutes after the procedure. Afterwards, the nurse will help you up and check on the dressing and on your pain level while sitting, standing and maybe walking. Afterwards, you will be taken to the recovery area and go home the same day. Do not drive or perform any vigorous activity for 12-24 hours after the procedure. You can return to normal

activities the following day. You will be able to resume your normal diet and medications. Your physician will schedule your follow up appointment.

Is Vertebroplasty or kyphoplasty right for me?

If there is a compression fracture of the spine and if it is recent within a few months and causing significant pain, you might benefit from kyphoplasty or Vertebroplasty. Talk to your physician about your symptoms and he/she will help decide what is right for you.