

## **VERTEBROPLASTY DISCHARGE INSTRUCTIONS**

Congratulations! You have undergone a "minimally invasive" technique of repairing your compression fracture called Vertebroplasty. Because this technique is much less invasive than other surgical techniques, you should have much less pain, require much less pain medicine, and return to your normal activities much faster than usual. However, although this technique has all these benefits, it is still a surgical procedure, and certain precautions should be followed your surgery. The list below is intended to help you understand what you should and should not do after surgery.

### **SEDATION**

- The sedation you received for your procedure is still in your system. Therefore, we would like you to take it easy the rest of the day and evening. We recommend that your caregiver remains with you for the remainder of the day.
- Do not drive and avoid drinking alcohol. Do not sign important documents or make legal decisions for the next 24 hours.

### **AFTER SURGERY:**

- Use your prescribed pain medication, muscle relaxers, as directed.
- Please resume all your prescription medications as previously prescribed.
- You have NO stitches to remove, only a few small bandages are covering the sites. These can be removed in 24 hours.
- Do not soak in a bathtub or take a shower for 24 hours.
- Do not do any heavy lifting (nothing over 10 lbs.) for 3 months. After that you can gradually increase your lifting to normal.
- Watch for signs of fever, chills, warmth, redness, numbness, or an increase in drainage from your incision.
- Please notify us if you experience an increase in pain after your procedure.

**If you experience any of these problems, please contact us at 941-486-3491. In a medical emergency call 911.**

A follow-up appointment can be scheduled in 2 weeks if you are having continued pain and need to be re-evaluated. Please call Radiology Associates of Venice (941) 488-7781 for a follow up visit in 10-14 days post procedure. It is not unusual to experience some discomfort after the procedure. Feel free to call us at any time prior to this if you have any questions or concerns.