



Radiology Associates of Venice & Englewood

512-516 Nokomis Avenue South, Venice, FL 34285

(941)488-7781 Fax (941)486-0349

DISCHARGE INSTRUCTIONS FOR VERTEBROPLASTY

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 before and after surgery.

AFTER SURGERY

- Use your prescribed pain medication, muscle relaxers, and laxatives as directed.
- Please resume all of your prescription medications as previously prescribed.
- You have NO stitches to remove. Small bandages are on your incision. These can be removed in 24 hours.
- Do not soak in a bathtub or shower for 24 hours.
- Do not do any heavy lifting for 3 months (i.e. nothing heavier than a carton of milk). After that you can gradually increase your lifting to normal.
- Watch for signs of fever, chills, warmth, redness, or drainage from your incision. A slight amount is normal for a day or two following surgery.
- Please schedule your follow up office visit for approximately 10-14 days after your surgery, by calling Radiology Associates of Venice and Englewood (941) 488-7781 ext 360. Feel free to call us at any time prior to this if you have any questions or concerns.

My Vertebroplasty of _____ compression fracture was performed by Dr. _____, on _____ 2009.

Follow Up Appointment: Date: _____ Time _____.

Bone Density Scan (DEXA) to assess your bone health is scheduled:

Date: _____ Time: _____

Discharge Information

If you experience any of these problems call your doctor, or call Radiology Associates of Venice at 941-488-7781 and ask them to page the Interventional Radiology Department. The Venice Regional Medical Center Emergency Room is also available 24 hours a day at 941-483-7000.