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Discharge Instructions for Kyphoplasty Procedures

Fractures in the bones of the spine (vertebrae) can cause severe back pain and loss of movement. You had a procedure performed (kyphoplasty) to cement the fractures in your spine, restore the height of the vertebrae, and help relieve the pain. Using image-guided x-rays, two small incisions were made in your back for each vertebra treated. A balloon was inserted on each side of the broken vertebra and was inflated until they expanded to the desired height.

The balloons were then removed. The spaces created by the balloons were filled with an orthopedic cement, giving strength and stability to the vertebra. The following are instructions to help you care for your back when you are home.

Home Care

Take medications exactly as directed.

Remove the small bandages on your incision 48 hours after the surgery.

Do not shower or soak in the bathtub for two days after the surgery.

Use an ice pack or something similar, wrapped in a thin towel, to reduce the swelling and pain around the incision site. Apply the ice pack for 20 minutes, and then remove it for 20 minutes; repeat as needed.

Take short walks. Start by walking five minutes at a time, then gradually build up your time and distance.

Do not drive for two days after surgery, and never drive while taking narcotic pain medication.

Do not lift anything heavier than ten pounds (about the weight of a gallon of milk) for one month. After one month, you may be ready to increase lifting and return to normal, but speak with your doctor before doing this.

Follow-Up

Keep your scheduled postoperative appointment that was scheduled for you.

Your postoperative appointment has been scheduled for the following day and time:

When To Seek Medical Treatment

Call 911 right away if you have any of the following:

Chest pain

Shortness of breath

Trouble controlling your bowels or bladder

Otherwise, call your doctor immediately if you have any of the following:

Fever above 100.4 degrees or shaking/chills

Increased drainage, redness, tenderness, or swelling at the incision site

Opening of the incision

Increased pain, numbness, or tingling in either leg

Loss of movement in one or both legs

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