

Neuroradiology

This pamphlet's purpose is to provide basic information to help you understand your kyphoplasty or vertebroplasty procedure.

The physicians and physician assistants in the Division of Diagnostic and Interventional Neuroradiology at the University of Rochester Medical Center / Strong Memorial Hospital will answer any questions you may have before they perform your procedure.

If you do have any questions or concerns, please ask during your pre-procedure interview or call us ahead of time at 585-273-1563.

Radiologists:

- ◆ P-L Westesson, MD, PhD, DDS,
Director, Diagnostic & Interventional
Neuroradiology
- ◆ Jeevak Almast, MD,
Attending Neuroradiologist
- ◆ John Deveikis, MD,
Attending Neuroradiologist
- ◆ Sven Ekholm, MD, PhD,
Attending Neuroradiologist
- ◆ Henry Wang, MD, PhD,
Attending Neuroradiologist

Physician Assistants:

- ◆ Stephen D'Ambrosio, MPAS, RPAC
Physician Assistant
- ◆ Iris Young, RPA-C, Physician Assistant



9/18/09

Directions to Strong Memorial Hospital

From the East:

NYS Thruway (I-90) to Exit 46; I-390 North to Exit 16 (W. Henrietta Rd); right on W. Henrietta Rd (Rte 15); proceed approximately two miles to Elmwood Avenue; make a left on to Elmwood Ave; the hospital will be on your left hand side; parking garage will be on the left.

From the West:

NYS Thruway (I-90) to Exit 47; I-490 East to I-390 South to Exit 16A (E. River Rd.); right on East River Rd. and right on Kendrick Rd; bear left onto Lattimore Rd; one block to Crittenden Rd.; take right on Crittenden, parking garage will be on the left.

From the South:

I-390 North to Exit 16 (W. Henrietta Rd.); right on W. Henrietta Rd (Rte. 15); proceed two miles and make a left on Elmwood Avenue; parking garage will be on the left.

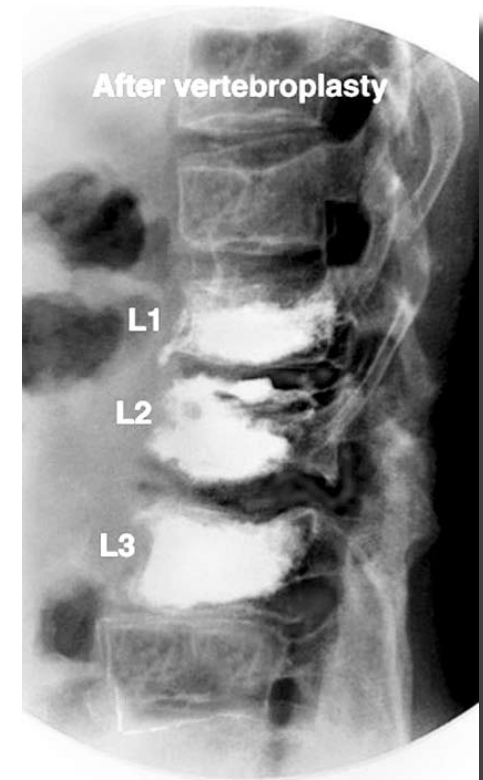
From Parking Garage to the Patient Information Desk (Main Lobby) to the Imaging Sciences Department (Ground Floor)

Take the garage elevators to the 1st floor. Follow the signs to the main lobby. Go through the main lobby passing the information desk. Follow the Red (R) ceiling tags to the red elevators. Take the red elevators to the ground floor. Exiting towards the red corridor turn right and follow the black ceiling tiles marked (x) to the Imaging Sciences/Radiology reception area (G-3300).

NEURORADIOLOGY

University Imaging at Strong Memorial Hospital
601 Elmwood Avenue
Rochester, NY 14642-8648
Telephone: 585-273-1563

Kyphoplasty Vertebroplasty



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Frequently Asked Questions Regarding a Kyphoplasty & Vertebroplasty

Q. What are Kyphoplasty & Vertebroplasty?

A. Kyphoplasty & Vertebroplasty are techniques to inject bone cement into fractured vertebral bodies. This is done to reduce or eliminate back pain secondary to a fracture of the vertebral body.

Q. What must be done before Kyphoplasty or Vertebroplasty?

A. You should not eat or drink after midnight the day before the study. You may take your regular medication with small sips of water but no solid food (see next question). The night before the study you must drink plenty of fluids.

- You must arrange for a responsible adult to drive you home following the procedure.
- You must arrange to bring any prior MRI studies with you for the procedure.
- You cannot return to work after this procedure and must not engage in any strenuous activities for 72 hours.

Q. Can I take my usual medications before the study?

A. Yes, with a few exceptions:

Coumadin/Warfarin must be stopped at least three days prior to the study, with permission from the physician who ordered its use. The kyphoplasty or vertebroplasty procedure will not be performed if it is not stopped as directed.

Lovenox must be stopped 24 hours prior to the procedure.

Consult your doctor about resuming any medications that have been stopped for the kyphoplasty or vertebroplasty procedure.

Q. What if I have a contrast allergy?

A. Radiographic contrast material will not be used and therefore a contrast allergy will not be a problem in this procedure.

Q. What are the risks of the procedure?

A. There are infrequent complications. The most significant risk is cement leakage into the spinal canal which can cause nerve pain or even paralysis. This is extremely unusual and can usually be avoided with good technique. Another risk is of course being allergic to any of the medications that we use during the procedure.

Q. What happens when the test is performed?

A. You will be on an x-ray table on your stomach. Using x-ray guidance the site of the fracture (s) of the vertebral body will be localized. After giving you sedation and numbing medicine in the skin, a needle will be placed into the vertebral bodies. Once the position is confirmed with TV x-ray, bone cement is injected into the fractured vertebral bodies. You will be asked to remain on the table for approximately 20 minutes after the procedure in order for the cement to harden and then you will be brought back to your bed. Most patients will be able to go home the same afternoon; occasionally there are others who have to stay overnight.



Preparation for Kyphoplasty & Vertebroplasty

- Do not eat or drink after midnight and do not have anything for breakfast.
- You may take your regular medication with a small sip of water.
- Arrange to have a responsible adult to drive you home after the study since you will be receiving sedation during the procedure. The sedation makes you unable to safely drive a car.

