

## Kyphoplasty & Vertebroplasty

**Kyphoplasty** and **Vertebroplasty** are procedures in which bone cement is injected into fractured vertebral bodies (thick segments of bone forming the front of each vertebra). They are performed to reduce or eliminate back pain caused by the fractures.

The night before the procedure, you must drink plenty of fluids. Do not eat or drink after midnight and do not have breakfast the morning of the procedure. You may take your regular medication with small sips of water, however, there are a couple exceptions. One exception is Coumadin/Warfarin; these must be stopped at least 3 days prior to the procedure with permission from the ordering physician. The other exception is Lovenox; this must be stopped 24 hours prior to the procedure. **The kyphoplasty or vertebroplasty procedure can not be performed if these medications are not stopped as directed.** Consult your doctor about resuming any medications that have been stopped for the procedure.

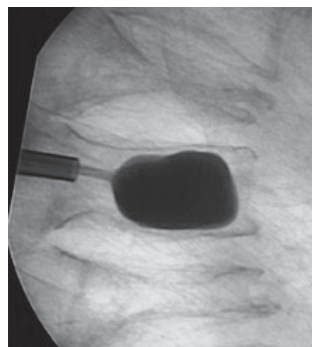
On the day of your exam, be sure to bring any prior MRI studies with you to your appointment. **You must be accompanied to your appointment by a friend or relative who will take you home.**

For the procedure, you will lie on your stomach. Using x-ray guidance, the site of the fractures of the vertebral bodies will be localized. After you receive sedation and numbing medicine through the skin, a needle will be placed into the vertebral bodies. Once the position is confirmed by x-ray, bone cement will be injected. (If the procedure is kyphoplasty,

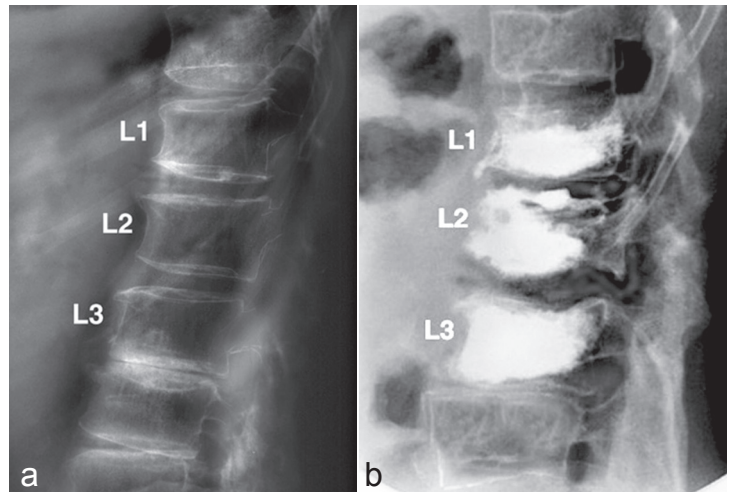
a balloon will be used to expand the compressed vertebral bodies before the cement is injected.) You will remain on the table for approximately 20 minutes in order for the cement to harden. Most patients will be able to go home the same afternoon; occasionally, a patient will have to stay overnight. You must not return to work or engage in strenuous activity for 72 hours following the procedure.

There are some 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. Another risk is an allergic reaction to any of the medications used during the procedure. Since radiographic contrast material will not be used, a contrast allergy will not be a concern.

If you do have any questions or concerns, please ask during your pre-procedure interview or call us ahead of time at 585-275-5142.



Kyphoplasty study with balloon inflation restoring the vertebral height.



Vertebroplasty study: a) fractures before study and b) after injection of cement.