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Kyphoplasty

What is a Kyphoplasty?

Kyphoplasty is a minimally invasive procedure used to help control pain from a vertebral body fracture. The surgery itself takes about 45 minutes to an hour and is an outpatient procedure, allowing you to return home several hours after it is completed.

What are the Benefits of a Kyphoplasty?

This procedure may:

- Alleviate pain from the fracture
- Restore height to the compressed vertebral body
- Allow a bone sample from the fracture to be analyzed

What Happens During the Procedure?

- First, general anesthesia will be administered and you will be positioned on your stomach on the operating table
- Small incisions will be made in your back. Each fractured body may be treated through either one small incision or one on each side.
- Using x-ray images, a needle will be guided to the site of the fracture.
- Next, a balloon will be inserted and inflated.
- The balloon will be removed and cement will be injected into the space and allowed to harden.

- The needle will be removed and your incisions will be closed with buried stitches that will dissolve in a couple of weeks.
- A liquid glue will be used on the skin to seal the incisions.

What are the Risks?

The risks of this procedure are low, but potentially include:

- Infection
- Worsening pain
- Neurologic problems such as weakness or leg pain
- Blood clots in the leg or lung
- Spinal cord or nerve injury
- New fractures may occur adjacent to the treated vertebra (this may happen with or without the surgery)

Pain Management

You will spend an hour or so in the post-anesthesia unit where you will be monitored by nurses and an anesthesiologist. Once you have fully recovered from anesthesia, you will be able to leave the hospital.

Activity

Walking is encouraged, however, patients should avoid heavy lifting. Most patients can begin PT after their two week appointment and resume regular activities within 3-4 weeks.

Treatment of Osteoporosis

If you have fractured a vertebra and have an underlying diagnosis of osteoporosis, it is important to follow-up with your primary care provider to discuss your current osteoporotic treatment. If you are not sure if you have osteoporosis, you should contact your primary care provider. Tests, such as a bone density exam and blood work, may be helpful.

Care of Your Incision

You may have one or two small incisions on your back. Your incisions will be closed with buried stitches and will dissolve in a couple of weeks. A liquid glue will be used on your skin over the incisions. The glue may last a week or two. It should not be peeled or picked off, as it will come off on its own. You will not have to place any type of dressing over the glue and you may shower.

Slight drainage the first day or so, limited swelling, or mild bruising are common and are usually not of concern. If there is significant drainage, marked redness, or a large amount of swelling, you should contact the office immediately.

Diet and Medication

You can resume your regular diet and most regular medications immediately after the surgery. Your regular medications may also be restarted right away. If you are taking any blood thinners, discuss with your surgeon when to restart them. Constipation is a common problem after any spine surgery. Over the counter stimulants and stool softeners may be beneficial, along with plenty of fresh water.

After this procedure, most patients can use Tylenol or an NSAID such as ibuprofen for the minor pain of the incisions.

Follow-Up Appointments

Your post-operative appointment will be scheduled approximately two weeks after your surgery. Post-operative physical therapy will usually be discussed at that appointment.

What Signs or Symptoms Should I Call the Office For?

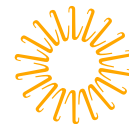
- Fever higher than 101°F

- Increased back and/or leg pain
- Difficulty passing urine
- New numbness or change in symptoms from before surgery
- Redness or drainage from the incision site
- Unusual headache, especially if it is much worse when you stand
- New back pain that is severe and constant; especially if you noted improvement in your back pain with surgery and then suddenly experience a new back pain. This may indicate a new fracture

What Signs or Symptoms Should I Call 911 For?

- Paralysis or inability to fully move your legs
- Severe chest pain, difficulty breathing
- Loss of control of your bowels or bladder

If you have any questions or concerns after the surgery, please contact our office at 401-606-6360. If you feel it's an emergency, call 911 or go to the nearest Emergency Department.



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