

Care After Your Vertebroplasty



You had a vertebroplasty of your _____ spine today. Small bandages were put over the places where the needles were put in (your needle insertion sites).

- For 12 to 24 hours after your vertebroplasty you should stay in bed except for getting up to go to the bathroom.
- For the next 3 days you should not lift anything heavier than a gallon of milk (about 10 pounds). Talk to your doctor about how to slowly get back to doing your usual activities.
- The places where the needles were put in are likely to be sore for a few days after the test.
- Take your prescribed pain medicine, muscle relaxants and laxatives as your doctor has told you.
- You have no stitches to take out. There are small bandages over the places where the needles were put in. You can take these small bandages off after 24 hours.
- For the next 24 hours do not take a bath or shower.



Go to the Emergency Room if you have:

- **Bleeding** (bright red blood) from any of the places where the needles were put in. Till then, have someone press on the place that is bleeding.
- **Pus draining** from any of the places where the needles were put in.
- **Nausea** (feel sick to your stomach), or if you **vomit**.
- **Swelling or redness** at any of the places where the needles were put in, **or** if any of the places is very sore or hot to touch.
- **Pain** or cramping in your abdomen (belly) that will not stop.
- **Fever** more than 101° Fahrenheit (38.3° Centigrade) for 2 or more days.
- **Trouble breathing** or you feel **short of breath**.



If you go to the Emergency Room, tell the nurse that you had a vertebroplasty. Take this paper with you to show the nurse.



If you are in the hospital, the health care provider who ordered your test will tell you about your test results when they are ready. If you are a clinic patient your health care provider will tell you about your results at your next clinic appointment. Be sure to keep this important appointment. If you do not have a follow-up clinic appointment, call and schedule one with your health care provider.