

Kyphoplasty

Preparation Instructions

You have been scheduled for a Kyphoplasty.

This patient package contains the following:

- Information and preparation instructions for the procedure
- A map with directions to the Center
- **Expect to be at the office 3-4 hours.**
- **Arrange for someone to drive you home after the procedure.**

Premier Radiology Briarville

1210 Briarville Road • Suite 602F • Madison, TN 37115

Hours: 8:00am - 4:30pm

Office: 615-986-6411

Fax: 615-234-1506



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Radiology

Revised 5.19.2026

What Will Happen the Day of the Procedure

HOW IS THE PROCEDURE PERFORMED?

Once you arrive at our office, you will check in at the reception desk. Paperwork will be verified and you will be escorted to a staging area. Our staff will ask several other questions. The Interventional Radiologist will explain the scheduled procedure, answer questions and perform a consultation. If the procedure will be performed the same day, you will receive some oral sedation and an intravenous (IV) line will be placed in your arm. This allows us to give fluids, antibiotics and medications to you during the procedure. Once in the procedure room, you will be placed on your stomach. As you are sedated, the Interventional Radiologist will make several marks on your back in preparation for the procedure. Monitoring devices will be placed on your chest and arms to evaluate your vital signs. You will then be covered by sterile drapes.

Sedation will be provided to make sure you are very comfortable and sleepy. A long acting local anesthetic will be injected to numb the skin site over the back. Under X-ray guidance, several needles will be placed precisely into the broken vertebral body (bone) in your back. After positioning is confirmed multiple times, balloons are placed through the needles to lift up the broken bone and make room for the bone cement. The balloons are removed and bone cement (similar to that used in replacing joints) is injected carefully under X-ray guidance to fill the broken bone and cement all the small pieces together. The needles are then removed, a dressing placed and you are moved to recovery.

HOW LONG WILL THE PROCEDURE AND RECOVERY TAKE?

The entire kyphoplasty procedure takes approximately 1-1/2 hours, sometimes slightly longer if the exam is complex or more than one broken bone needs treatment. After the procedure is completed, you will be moved to the recovery area where you will need to lie flat for one hour. This will allow for complete curing of the cement. Your pulse, blood pressure and entry site will be checked frequently during this period. You will be able to eat and drink. During recovery, your exam and results will be discussed with you and your family.

WHEN WILL I KNOW THE RESULTS?

Typically, 80% of patients are near "pain free" from their fracture at time of discharge from the center. Some patients have a slightly slower relief of symptoms, but most are significantly improved within several days. There will be a mild to moderate amount of soreness or muscle spasm at the site of the procedure, and this is expected. Ice application to the site is very helpful. During the recovery period, the Interventional Radiologist will prepare some key images for you to take with you at discharge. The exam and images will be reviewed with you and your family. If prescriptions are needed, typically muscle relaxers, this will be given to you during this time. Reports will be generated to your referral doctor and primary care doctor. They will receive a copy of the consult as well as the exam and treatment reports. Follow up recommendations will be made at this time.

OUTPATIENT DISCHARGE INSTRUCTIONS

- Resume your usual diet and any medications prescribed by your physician. If you take a blood thinner, you may resume taking it **12 hours after** your procedure, or as instructed by the Radiologist.
- Go home and rest quietly for the remainder of the day. You should not drive, operate heavy machinery, or make any legal decisions for 24 hours.
- For 2-5 days after the procedure, avoid strenuous activities including vigorous exercise, housework, heavy yardwork, lifting objects heavier than 10 pounds or excessive bending at the waist.
- An ice pack to the injection site may be helpful, for 20 minutes of every hour for 4 hours, then gentle heat afterward.
- Do not take a tub bath until the procedure site looks closed; this may be several days. You may shower.
- Please expect the Interventional Radiologist to call you the evening of the procedure to check on your status. A second follow-up call from the office will occur in several days following the procedure.



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Post-Kyphoplasty Instructions

Activity:

1. Go home and rest quietly for the remainder of the day. Do not drive, operate heavy machinery, or make any legal decisions for 24 hours.
2. For 2-5 days after the procedure, avoid strenuous activities including vigorous exercise, housework, heavy yardwork, lifting objects heavier than 10 pounds or excessive bending at the waist. This will help minimize your risk of bleeding (hematoma).

Diet/Medications:

1. You may resume your normal diet after the procedure.
2. Resume your usual medications prescribed by your physician(s). If you take a blood thinner, you may resume taking it **12 hours after** your procedure, or as instructed by the Radiologist.

Wound Care:

1. Your needle sites should be kept clean and dry. Do not bathe in a tub for 48 hours. Showers are acceptable.
2. The dressings on your back may be removed after 24 hours. Replace with band-aids for about 5 days.
3. Change the band-aid if it becomes soiled or wet.
4. Place an **ice pack** to the site for **twenty minutes of every hour** for four hours, when you arrive home.

Common Side Effects:

You should expect some discomfort for several days after your procedure. **An ice pack to the injection site may be helpful for the first 12 hours, then gentle heat afterward.** Take your usual pain medications prescribed by your physician as needed.

Notify the Interventional Radiology office at 615-986-6411 ext 3408 if any of the following occurs:

1. Bleeding or swelling at the needle site. Any unusual pain in the entry site or in region treated.
2. Fever above 101°, or any redness or drainage at the needle site, as an infection could be developing.
3. Any change in color or temperature at the entry site. (A small bruise may be a normal occurrence.)
4. Any persistent or new pain after several days or weakness in the legs, increasing severe pain, inability to walk, profound weakness or loss of bladder or bowel control.
5. If any of these signs occur or if you have any questions following the procedure, call **615-986-6411**, or the on-call service at **866-236-3572**. An Interventional Radiologist will contact you.

General Information:

1. Call your physician for a follow-up appointment. The results of your procedure will be sent directly to your referring physician.
2. **For any questions regarding your examination or problems you notice after leaving, please call Premier Radiology Briarville at 615-986-6411.**

Thank you for allowing us to participate in your healthcare needs.

These discharge instructions have been explained to the patient. The patient or the person responsible for the patient fully understands these instructions.

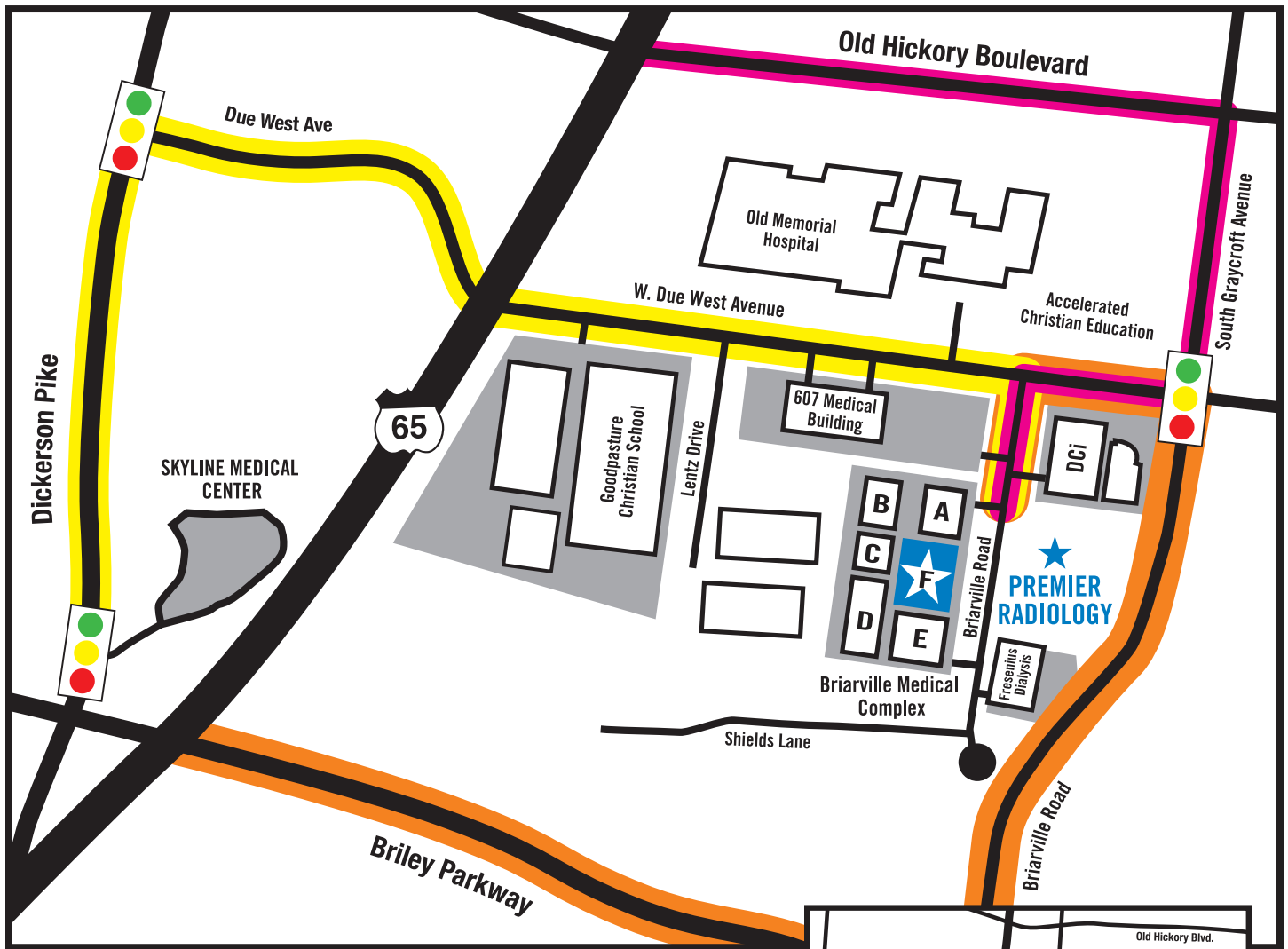
Patient's Signature: _____ Date: _____ Time: _____

Signature of person giving instructions: _____



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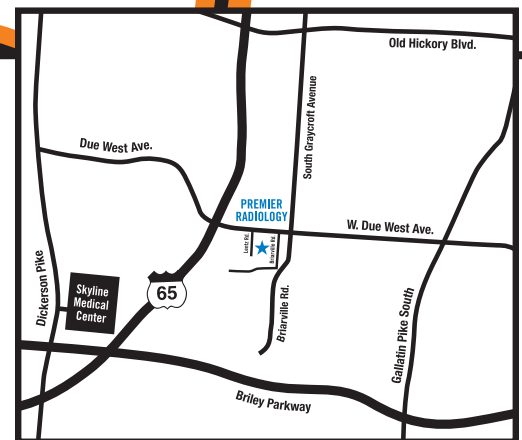


FROM SKYLINE MEDICAL CENTER: Exit the center by turning right onto Dickerson Pike at the traffic light. Follow Dickerson Pike to Due West Avenue (.9 miles). Turn right at the traffic light onto Due West Avenue. Travel 1.5 miles to Briarville Road. (Once you cross over I-65, it will be the 2nd road on the right). Turn right onto Briarville Road. Turn right at the 4th driveway into the Briarville Medical Complex. Premier Radiology is in Building F with a blue awning over the door.

FROM I-65 NORTH FROM NASHVILLE: On I-65 North take Briley Parkway (TN-155) East toward Opryland. Continue .4 miles and take exit 15A Briarville Road. Drive .8 miles to the intersection of W. Due West Avenue and South Graycroft Avenue. Turn left at the traffic light. In 325 feet take the first left onto Briarville Road. (This is between the DCi building and the 607 Due West Medical Building). Turn right at the 4th driveway into the Briarville Medical Complex. Premier Radiology is in Building F with a blue awning over the door.

FROM I-65 SOUTH FROM HENDERSONVILLE: On I-65 South take exit 92 Old Hickory Boulevard toward Madison. Turn left at the traffic light at the top of the ramp. Drive .4 miles to the traffic light at South Graycroft Avenue. Turn right onto South Graycroft Avenue. Continue straight for 1.1 miles to the intersection of South Graycroft Avenue and W. Due West Avenue. Turn right at the traffic light onto W. Due West Avenue. In 325 feet, turn left onto Briarville Road. (This is between the DCi building and the 607 Due West Medical Building). Turn right at the 4th driveway into the Briarville Medical Complex. Premier Radiology is in Building F with a blue awning over the door.

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