

# **KYPHOPLASTY**

## **What is Kyphoplasty?**

Kyphoplasty is a minimally invasive procedure for vertebral compression fractures (VCFs) that provides rapid relief from back pain, attempts to straighten the spine, and allows you to return quickly to usual daily activities.

## **What is a vertebral compression fracture?**

The normal spine has 24 vertebrae that stack upon each other, forming a gentle "S" shaped curve. A VCF affects the vertebral body which is the thick block of bone that forms the front part of the spine. The vertebral bodies provide structural support for your spine.

## **Vertebral fractures and resulting changes:**

A VCF occurs when the vertebral body fractures and collapses. This causes your spine to shorten and to sometimes round forward (kyphosis). This change in the shape of your spine can cause difficulty with walking and everyday activities such as lifting, reaching, pushing, and pulling.

## **What causes vertebral compression fractures?**

Most VCFs result from osteoporosis, a disease that weakens your bones. When bones are weakened by osteoporosis, even minor falls or routine activities can result in fractures.

## **What are some of the symptoms of a vertebral compression fracture?**

While your doctor will need to order imaging to diagnose a VCF, you might be alert to some of the indications of this type of fracture. You may experience severe pain associated with an acute fracture. This pain may only be relieved by lying down or not moving. In some cases, you might notice your height is shortened or the shape of your spine is stooped or hunched (kyphotic). More persistent, chronic pain may arise due to the muscles and ligaments in your back being stretched by your curved spine.

In addition, you might experience sleeping problems, breathing disorders, and loss of appetite. Some people develop pain-related depression or anxiety due to concern that they will experience another fracture. Of most concern is the risk for serious, even fatal, lung problems related to severe kyphosis.

If you suspect that you have a VCF, it is important to see your doctor as quickly as possible. The likelihood of stabilizing your spine and helping correct the kyphosis is much better with early treatment. Only your doctor can determine if Kyphoplasty is right for you.

## **ABOUT THE PROCEDURE**

### **What will Kyphoplasty do for me?**

Kyphoplasty is designed to provide rapid relief of back pain, help straighten the spine and allow quick return to daily activities.

### **What about risks and complications?**

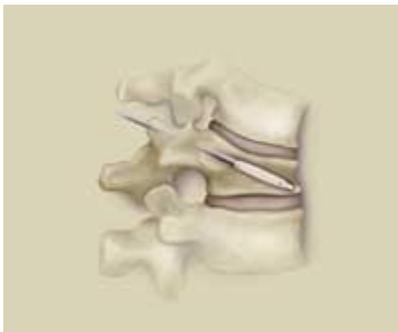
Kyphoplasty is a minimally invasive procedure; however, there are potential risks with any procedure, and your doctor will discuss these with you. Complications are rare, but you need to be aware that they can happen.

### **How is the procedure done?**

First, you will have a medical examination and diagnostic tests to determine the location and age of the fracture as well as the condition of your bone.

The procedure takes about an hour, and during this time you will be given conscious sedation and a local anesthetic. It is performed under fluoroscopy (x-ray guidance). The procedure has 4 steps:

#### **STEP 1:**



Your doctor will numb the skin and insert a hollow needle into the vertebral body. A small drill will then be used to create a channel in the bone.

#### **STEP 2:**



A small inflatable balloon is then inserted into the channel in the vertebral body.

**STEP 3:**



Your doctor will then inflate the balloon to attempt to restore the height of your vertebral body.

**STEP 4:**



After the balloon is deflated and withdrawn, bone cement is then injected slowly into the cavity. This stabilizes the bone and helps prevent further collapse.

**AFTER THE PROCEDURE**

**What should I expect regarding recovery time?**

Your doctor will monitor you after the procedure for about a half hour. Daily activities vary quite a bit from person to person, and you should discuss with your doctor when to resume specific activities. You will be given follow-up appointments at one week and four weeks post procedure.

### **Pre-op and Post-op Instructions:**

- You may take your routine medications (i.e. blood pressure, diabetic medications) the day of your procedure.
- If you are taking **Coumadin, Plavix, Aspirin (including baby Aspirin 81mg) or any other blood thinners or non-steroidal anti-inflammatory agents (Advil, Ibuprofen, Naproxen, Motrin, etc.), you must notify the office immediately** so the timing of these medications can be explained.
- **You are required to have a responsible adult drive you home.**
- You may not eat any food six (6) hours prior to your appointment.
- You may have sips of clear liquids up to two (2) hours prior to your appointment.
- You may want to wear loose comfortable clothing the day of your procedure.
  
- Consult with your doctor regarding returning to work or strenuous activities.

### **Location of Procedures:**

- Desert Spine and Sports Phoenix office: 3700 N 24<sup>th</sup> Street, Ste 210. Phoenix, AZ 85016
- Desert Spine and Sports Mesa office: 6634 E Baseline Rd, Ste 101. Mesa, AZ 85206
- Desert Spine and Sports Scottsdale office: 8670 E Shea Blvd Suite 102, Scottsdale AZ 85260

*If you are unable to keep this appointment, please give at least 24 hours notice. You can call **480-325-3801**. Thank you.*

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