

Discharge Instructions: Kyphoplasty

What to Expect

- Slight pain/soreness at the kyphoplasty site
- Slight bloody drainage at the kyphoplasty site
- Low-grade fever of 99°-100°F (32.7°- 37.7°C)

You Can...

- restart your medications right away (hold blood thinners for 24 hours, this includes aspirin and ibuprofen/Advil®)
- You can take acetaminophen (Tylenol®) or other prescribed pain medications
- You can resume showering tomorrow (If dressing gets wet, remove it and put on a new, dry dressing)
- You can remove the dressing in 4 days (If dressing falls off before that, put a band aid on the site)

Restrictions

- Do not drive or drink alcohol for 24 hours
- Do not perform strenuous activity, or lift anything heavier than 5 pounds for 14 days (2 weeks)
- Do not submerge the site in water for 7 days (1 week)

Call Us If ...

- Call us if you have any signs of infection at the site after the first few days such as redness, pain (not relieved by pain medications) or pus-like drainage
- Call us if you have a fever of **100.4° F (38° C)** or higher with chills that lasts longer than 24 hours
- Call us if you have excessive bleeding at the kyphoplasty site

Special Procedures/2 West: Monday – Friday 8:00 a.m. - 4:00 p.m. Phone: 716-845-5978.
After hours, call Roswell Park main number (24/7): 716-845-2300.

If you feel you are in a life-threatening situation (chest pain, difficulty breathing, heavy bleeding), call 911 or go to the nearest hospital emergency department.