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a better way to care

Kyphoplasty Treatment Journey



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your Kyphoplasty
Treatment Journey



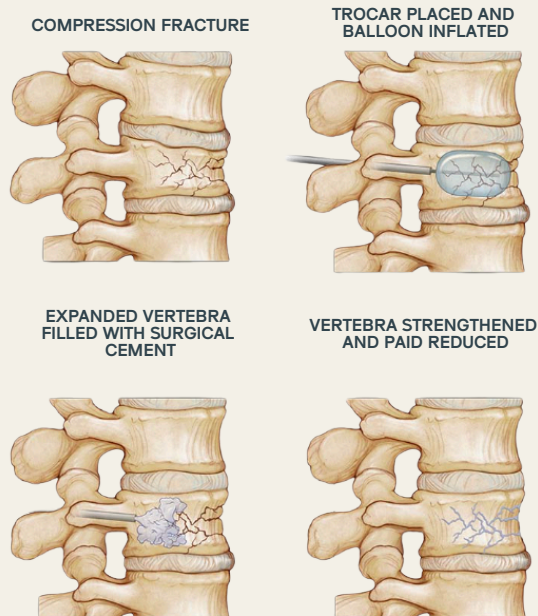
Kyphoplasty: What You Need to Know

Kyphoplasty is a quick, minimally invasive procedure to treat fractures in your spine. These fractures often happen due to osteoporosis, injury, or weakened bones from cancer, causing pain, posture changes, and limited movement.

What's a Vertebral Compression Fracture?

Your spine is made up of small bones called vertebrae. A compression fracture happens when one or more of these bones collapse, leading to:

- Severe pain: Sudden and sharp, usually in one spot.
- Height loss: From the spine compressing.
- Spinal curve: A forward bend in your back called kyphosis.



How Kyphoplasty Works

This procedure stabilizes the fractured bone, eases pain, and realigns your spine.

The Process

1. **Anesthesia:** You'll get local anesthesia and light sedation to keep you comfortable.
2. **Small Incision:** A tiny cut is made near the fractured area.
3. **Balloon Placement:** A small tube with a balloon at the end is guided into the collapsed bone using X-rays.
4. **Balloon Inflation:** The balloon gently lifts the bone to restore its height.
5. **Cement Injection:** After the balloon is removed, the space is filled with bone cement to stabilize the bone.
6. **Closure:** The incision is covered with a small bandage—no stitches needed.

Benefits of Kyphoplasty

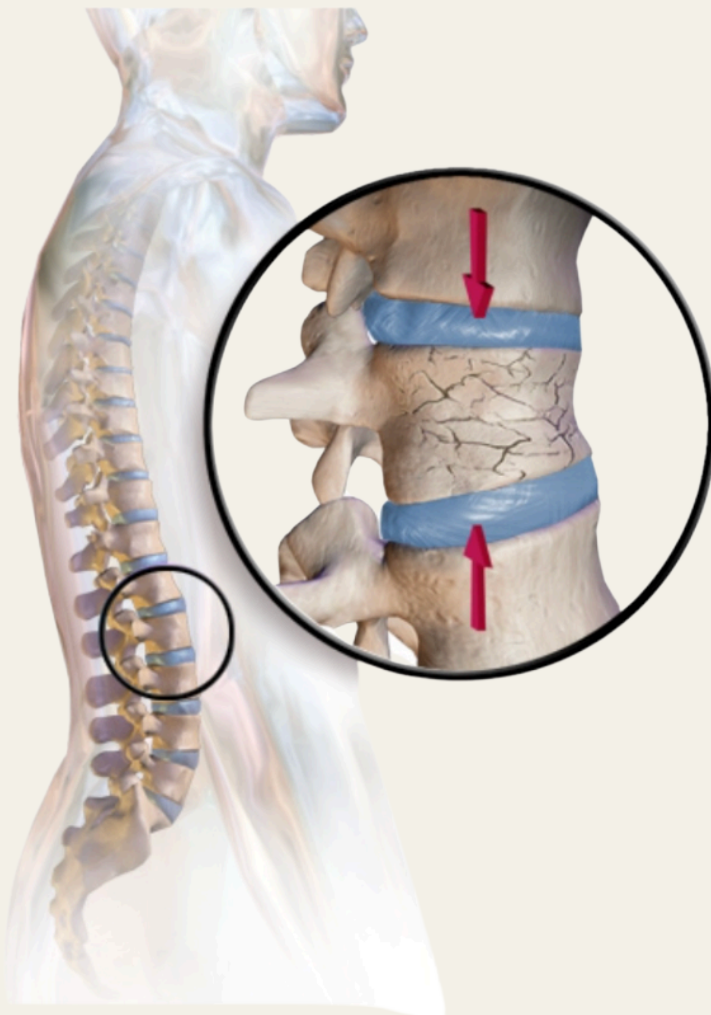
- Pain relief: Many people feel better right away or soon after.
- Improved posture: Restores height and reduces that forward curve (kyphosis).
- Better mobility: You can get back to everyday activities quickly.
- Minimally invasive: Tiny incision, quick procedure (less than an hour), and no hospital stay.
- Fast recovery: Most people return to normal life in a few days.
- Decreased mortality

Kyphoplasty: What You Need to Know

Kyphoplasty is great for people with...

- Painful spine fractures confirmed by X-ray, MRI, or CT scan.
- Osteoporosis-related fractures causing significant pain or limiting daily life.
- Fractures from injury or cancer that weaken the spine.

It's not recommended for those with severe spine instability, infections, or spinal cord issues requiring other treatments.



Kyphoplasty Care Plan

Step 1: Initial Evaluation

We'll start with a physical exam and an MRI to figure out what's causing your back pain.

Step 2: MRI Results

If the MRI shows:

- Herniated Disc, Arthritis, or Scoliosis:
 - These aren't treated with kyphoplasty.
 - Next Step: We'll refer you to a neurosurgeon for further care.
- Compression Fracture, Bone Marrow Edema, or Cancer-Related Fractures:
 - If the MRI shows a fracture (recent or developing) or bone damage from cancer, kyphoplasty may be the best option.
- Severe Vertebral Deformity:
 - Conditions like:
 - More than 25% loss of vertebral height.
 - Spinal curve (kyphosis).
 - Major impact on daily life (e.g., RDQ score >17).
 - Next Step: Kyphoplasty is recommended.

Step 3: Scheduling the Procedure

If kyphoplasty is right for you, we'll schedule it within 2–3 weeks.

Step 4: Follow-Up After the Procedure

To track your recovery and make sure the treatment works, we'll check in at: 1 week, 4 weeks and 6 months.

Kyphoplasty FAQs

What happens at my first appointment?

- We'll talk about your medical history and symptoms.
- You'll have a physical exam to check your pain and movement.
- We might ask questions like if leaning on a shopping cart eases your pain.
- If needed, we'll order an MRI or CT scan to find out what's causing your pain.

What kind of diagnosis is done at the first appointment?

We'll focus on figuring out if your pain is from a vertebral compression fracture, herniated disc, arthritis, scoliosis, or another spinal issue. An MRI will confirm the exact problem.

What leads to the next steps in my care?

- Compression fractures, bone marrow edema: We'll move forward with kyphoplasty.
- Herniated disc, arthritis, scoliosis: We'll refer you to a neurosurgeon.
- No major findings: We may suggest other treatments or a specialist.

How do I prepare for the procedure?

- Stop certain medications (like blood thinners) as instructed.
- Don't eat or drink the night before
- Make sure you have someone to drive you home.

Will the procedure hurt?

No, you'll be given anesthesia and sedation to stay comfortable. Some soreness at the incision site may happen, but it usually goes away quickly.

How long does the procedure take?

Each kyphoplasty usually takes 30–60 minutes per vertebra.

How soon will I feel better?

Many people feel less pain right away or within a few days.

How will I know if the procedure worked?

Less pain, better mobility, and daily activities feel easier.

How many follow-ups will I need?

You'll have at least three:

- 1 week: To check how you're feeling.
- 4 weeks: To track progress.
- 6 months: To make sure everything's working long-term.

What happens at follow-ups?

Your doctor will check your recovery and, if needed, review any imaging. New diagnoses are rare unless new symptoms show up.

Are there any side effects?

Mild soreness or bruising at the incision site. Rarely, bone cement leakage or infection.

How long is recovery?

You can usually return to light activities in 1–2 days and normal activities within a week.

What if I don't treat my condition?

Without treatment, compression fractures can lead to ongoing pain, spinal deformities like kyphosis, difficulty moving, and/or a lower quality of life.

Kyphoplasty FAQs

Understanding Pain and Sedation During Your Procedure

Everyone experiences pain and sedation differently, and your comfort level during the procedure can depend on several factors, including your body's response to anesthesia. For example, individuals who regularly consume alcohol or those living with chronic pain may require adjustments to achieve the right level of sedation.

Our goal is to ensure you are as comfortable as possible while keeping your safety our top priority. While we aim to provide effective pain relief, it's important to recognize that over-sedation carries certain risks, which our medical team carefully monitors and manages.

