



Connecticut Pain Solutions

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DISCHARGE INSTRUCTIONS KYPHOPLASTY

During the procedure, a small incision will be made over the affected area as the patient lies face down on the procedure table. A narrow tube is threaded through the pedicle into one side of the fractured vertebra by using x-ray guidance.

To ensure a safe and complete recovery, please follow your physician's instructions as follows:

- **Activity Restrictions:**
 - Do not drive for (24) twenty-four hours after your procedure
 - Do not perform activities that require prolonged sitting, bending or lifting
 - You may experience increased discomfort for the next (24) twenty-four hours
 - Bed rest may be necessary
 - You may gradually resume activity as your discomfort subsides

- **Diet Restrictions:**
 - Resume previous diet

CALL MD IMMEDIATELY IF YOU EXPERIENCE:

- Extremity weakness
- Fever or chills
- Marked elevation in back or neck pain

If you have any problems or questions, please call our office at (203) 626-9080. The office hours are Monday through Friday from 9:00 am to 5:00 pm.

In the event of an after-hours emergency related to your procedure, please call (203) 626-9080 and follow the instructions for contacting the on-call physician. Only emergency phone calls will be returned after hours. Under no circumstances will prescriptions be refilled or changed.