

Olympia Orthopaedic Associates, P.L.L.C.
3909 9th Ave SW
Olympia, WA
360-709-3460

Discharge Instructions
Kyphoplasty

Medications:

Avoid taking blood thinners such as Aspirin, Plavix, Coumadin, Warfarin, or Argatroban **UNLESS EXPLICITLY CLEARED BY YOUR PHYSICIAN**. Usually, you can start back on the blood thinners the day after your surgery.

You can take Tylenol for pain if you do not need narcotic pain medication, but remember that many kinds of narcotics such as Vicodin, Percocet, have Tylenol in them. Avoid taking more than 3000mg of Tylenol (acetaminophen) in a 24 hour period.

You should resume your previous medications.

Procedure with conscious sedation:

Sedation procedures require that for the first **24 HOURS** you:

- DO NOT** drive a car or operate machinery of any kind, including household appliances
- DO NOT** do anything that requires balance, judgment, or coordination
- DO NOT** care for dependents, including pets
- DO NOT** drink alcoholic beverages
- DO NOT** make important decisions or sign legal documents

Incision:

You will have a band aid over your wound. These help hold the skin together until it heals. You will be contacted and scheduled by your doctor's office for an appointment 10-14 days after your Kyphoplasty for a check.

You may remove the band aids one day after surgery.

Call the office at (360) 709-3460 if there is excess drainage. It is normal to see some drainage for the first 1-2 days.

Driving:

It is best not to drive for the day of your Kyphoplasty. This is because driving involves a lot of bending, twisting, and turning of the neck. You should not drive while you are taking narcotic pain medication.

Watch for the following signs and symptoms and call the office if they occur:

Temperature greater than 101° F

Persistent drainage from the wound of blood or clear fluid

Any drainage of pus from the wound

Increasing redness and swelling around the incision

Separation of the wound edges

Do not apply any lotions, ointments, or other products to your incision unless directed by your physician.

Fever:

Some patients have a low grade fever (99°-101°F) in the immediate post- operative period.

You can treat this fever with Tylenol but it is important to try to cough the phlegm out of your lungs, take deep breaths to re-expand your lungs, and begin to increase your activities as tolerated.

Wound infections are rare in the first couple of days following a Kyphoplasty. If you have a low grade fever, try coughing and deep breathing.

Activities and Restrictions:

Avoid heavy lifting (greater than 10lbs), bending, or straining for 24 hours.

Do not sit for long periods of time, including long car rides.

It is normal to feel tired after the operation. Your body is using all of its energy to heal itself and therefore, it is normal to be fatigued after even small activities. Your strength will gradually improve on a daily basis. The wound will not open with activity or normal movement. Activity may cause some discomfort but it is not dangerous. Do not worry about causing harm to yourself by increasing your activities. The guiding principle for your activities should be that “if it hurts, don’t do it”. You can gradually increase your activities by walking short distances at first then increasing the distance before doing anything else.

You should avoid returning to work until cleared by your doctor.

Showering:

You may shower on the 2nd day after surgery. **Do not scrub the incision.** Let the water run over it. Do not submerge the incision underwater in a bathtub, swimming pool, or hot tub until the wound has completely healed.

Diet:

You may resume your regular diet. Nutrition is extremely important for wound healing. You may be instructed to take vitamin supplements such as a multivitamin, and Calcium with Vitamin D. These can be purchased at most grocery stores or pharmacies. In addition, nutritional shakes such as Ensure or Boost can also provide supplemental nutrition.

Symptoms:

After your Kyphoplasty, you may still be experiencing pain, numbness, weakness, or tingling that was present prior to your procedure. This will most often improve with time. Call the office or go to the Emergency Room if you experience new numbness, tingling, weakness, or loss of bowel or bladder control.

General:

Smoking inhibits wound healing which can lead to persistent pain and require additional surgery in the future. **Do not smoke!**

Speech, occupations, and/or physical therapy may be orders as part of your recovery program. The therapist and social workers will help you plan for this possibility. Upon discharge you will be given specific instructions and prescriptions for these if necessary.

Remember; ask your nurse or physician if you have any questions or if you do not understand any instructions. You may also call the clinic with any questions.

Brace:

If you have a brace, you should continue to wear it as instructed.

*****For any post-operative problems or concerns call (360) 709-3460*****