

Maria Guglielmo, MD

LPG Neurosurgery
East Greenwich
1351 South County Trail
East Greenwich, RI 02818

(401) 606-6360 Phone
(401) 398-0233 Fax



Lifespan Physician Group, Inc.
Neurosurgery
Delivering health with care.

Kyphoplasty Discharge Instructions

Success of Surgery

A successful result after the surgery depends on a positive attitude and efforts by the patient to aid recovery. Your pre-operative symptoms may take weeks or longer to fully improve, although many people feel an improvement in severe back pain the first few weeks.

Treatment of Osteoporosis

If you have fractured a vertebra, and have an underlying diagnosis of osteoporosis, it's very important you follow-up with your medical doctor to discuss treatment options. A bone scan and blood tests may be part of this evaluation. Vitamin D and calcium may be prescribed, along with prescription medication to help prevent future fractures.

Care of Your Incision

The incision, or incisions, are small and closed with buried stitches that dissolve within a couple of weeks. A liquid glue is used on the skin over the incisions. This glue may last a week or two. It should not be peeled or picked off. It will come off gradually on its own. Slight drainage the first day or so, limited swelling or mild bruising is common and usually not of concern. If there is significant leaking, marked redness, or a large amount of swelling, you should call the office.

Pain Management

A postoperative pain medication plan will be discussed in the office. Many patients may only need an NSAID medication such as ibuprofen (Motrin) or acetaminophen (Tylenol) after this surgery. If you are given a small prescription of narcotic pain medication after the surgery, it is fine to use an NSAID such as ibuprofen, or Tylenol along with the

narcotic or instead of it. As your pain decreases, you should gradually decrease the narcotic medication. No refills of narcotic medications are given for small surgeries.

Activity

After surgery, gentle walking is encouraged. Strenuous lifting or heavy work should be avoided for the first two weeks.

Diet and Medication

You can resume your regular diet and most regular medications immediately after the surgery. The plan for restarting blood thinners such as aspirin, warfarin, or other prescription blood thinners will be discussed during your discharge. Constipation is a common problem after spine surgery. Over the counter stimulants and stool softeners can be beneficial, along with plenty of fresh water.

Follow-Up Appointments

Your post-operative appointment will be scheduled approximately 10-14 days after surgery. Before the appointment you may be asked to go in for a spine x-ray.

What to Watch For

These symptoms should cause you to dial 911 to go to the Emergency Department.

- Paralysis or inability to fully move your legs
- Severe chest pain, difficulty breathing
- Loss of control of your bowels and bladder

The following symptoms may indicate a problem. You should call the office number listed below.

- Fever higher than 101°F
- Increasing back and/or leg pain
- Difficulty passing urine
- New numbness or change in symptoms from before surgery
- Redness or drainage from the incision

It is important to report any new back pain that is severe and fairly constant, especially if you have had improvement with surgery and then suddenly experience new pain. If you have had one osteoporotic fracture, you are at risk for more.

For questions after the surgery, please call 401-606-6360. If you feel you have an urgent problem outside of office hours, go to the nearest Emergency Department.