



Northeast Georgia Medical Center

Kyphoplasty

How should I prepare for this procedure?

- You must not eat or drink anything after midnight the night before your procedure. A sip of water with certain approved medications is the only thing acceptable to be taken by mouth.
- For Gainesville procedures, you will need to arrive an hour and a half before your scheduled appointment time. For Braselton procedures, you will need to arrive an hour to an hour and a half before your scheduled appointment time. For Barrow procedures, you will need to arrive an hour before your scheduled appointment time.
- A nurse from the Interventional Radiology department will reach out to you via phone the day before your procedure.
- For your safety, you must have a caregiver or responsible adult with you to drive you home after your procedure. Due to the effects of anesthesia, sedation, or other post-procedural effects, you will not be able to drive yourself. Additionally, the responsible adult accompanying you will assume responsibility for you upon discharge. This person should be someone who can provide support and care as needed while you recover.
- Blood thinners need to be held for this procedure. You will need to check with your primary care provider that it is acceptable for your blood thinners to be held for this procedure.

What should I expect when I arrive?

- For Gainesville, you will go to the registration department in the Blue tower of the hospital. When you arrive in the main lobby of the Blue tower, go down the hallway on your left. The registration department is located on the right. Labs will be drawn here if necessary.
- For Braselton, you will go in through the main entrance and check in at the desk. You will be directed to registration from there. Labs will be drawn here if necessary.
- For Barrow, you will go to the registration desk located inside the main entrance of the hospital.
- After registration, you will go to the radiology waiting room. A staff member will show you back to the Interventional Radiology department. Your driver can accompany you back to the prep area.
- A provider and nurse will explain the procedure, go over discharge instructions, and decide what medications can be safely given. An IV for medication administration will be placed.
- When it is time to go to the IR lab for your procedure, your driver will be shown to the waiting room.

What medications will be offered during this procedure?

- Moderate sedation is commonly offered for this procedure. However, medications offered will be dependent on provider discretion the day of your procedure. Moderate sedation is intended to make you comfortable and help with any pain. However, you will be awake for this procedure.
- The medications commonly used for moderate sedation are Versed and Fentanyl.



Northeast Georgia Medical Center

- In special circumstances, general anesthesia is offered for this procedure. This is decided at your consultation, not the day of your procedure.

What should I expect during my procedure?

- When it is time for your procedure, your nurse will bring you over to the IR lab.
- If you are receiving general anesthesia for this procedure, you will be put to sleep by the anesthesia team before being positioned on your stomach on the IR table.
- If you are receiving moderate sedation, you will be positioned on your stomach on the IR table.
- The doctor will be paged to the room when your nurse and tech are ready.
- The doctor will numb the area using lidocaine.
- A hollow needle will be put through your skin and into your spine. An X-ray machine will be used to guide the needle to where it needs to go.
- A small balloon will be put through the needle into your spine.
- The balloon will be inflated. This will create space and push the broken bone back toward its normal height and shape.
- The balloon will be taken out.
- The newly created space in your spine will be filled with bone cement. The cement will harden quickly.
- When the cement hardens, the needle will be taken out.
- The puncture site from the needle will be closed with skin glue or tape strips.
- A bandage may be put over the glue or tape strips.

What should I expect after my procedure?

- Minor discomfort may be present that should be controllable by over-the-counter medications (Tylenol, Ibuprofen, etc.) or whatever you normally take for pain at home. No pain medication prescriptions will be provided on discharge. Any significant pain post-procedure would warrant a trip to the ER or a call to the ordering physician.
- You will be required to lay flat for an hour after your procedure. After the first hour, the head of the bed will slowly be raised for the next hour.
- After your two-hour recovery is complete, a nurse will get you up to walk you and assess for any numbness/tingling or pain. This information will be relayed to the provider who will decide if you are good to be discharged home or if more recovery time is needed.