

## **POST-VERTEBROPLASTY / KYPHOPLASTY INSTRUCTIONS**

1. Resume normal activity, as tolerated. Do not overdo it, if activity is painful.
2. Restart any blood thinners you may have been taking.
3. Swelling/needle pain may result after procedure; use ice at the needle site to prevent swelling.
4. You may remove bandage(s) and take a shower approximately 24 hours after procedure.
5. Do not soak in pool or tub until 2 days after vertebroplasty.
6. Pain/discomfort could take 10 to 14 days to resolve after vertebroplasty/kyphoplasty .
7. Start physical therapy in one week.
8. Call the office at (561)-988-8988 if you have any problems or questions.