

# **Kyphoplasty Procedure Instructions:**

If you have any questions or concerns about the procedure, or if you need to change your appointment date or time, please call 801-294-7246.

## **Before the procedure**

- You may not eat or drink for 8 hours prior to procedure, except for sips of water with your medications.
- Discontinue use of any NSAIDS five days prior to procedure.
- Discontinue use of blood thinners including Aspirin as directed by physician.
- Arrange for someone to drive you home.
- Procedure may take one to two hours depending on surgical factors.

## **Tell your physician:**

- If you are taking an antibiotic for an infection.
- If you are allergic to iodine, latex or local anesthetics.
- If you had a temperature of 100.4 degrees Fahrenheit or 38 degrees Celsius or higher in the last two weeks.

## **After the procedure**

- Procedure site may be sore for one to two days. You may get a bruise at procedure site.

## **Care following the procedure**

- Rest the day of your procedure and avoid strenuous activity.
- Resume your usual diet.
- No bathing, soaking, or showering for at least 48 hours after kyphoplasty
- Inform our office of any signs of infection at procedure site. Example: redness, swelling, fluid discharge, etc.

## **All procedures are performed at our Bountiful location**

1551 Renaissance Towne Drive Suite 460  
Bountiful, Utah 84010