

How to care for yourself after a vertebroplasty

You had a vertebroplasty today. A vertebroplasty is a procedure to **relieve pain related to** one or more fractures in your spine .

These are general instructions on how to take care of yourself after vertebroplasty. **If your radiology doctor has specific instructions for you, please follow them.** If you have questions or something doesn't seem right, please call your doctor. Contact information is at the end of this document.

What happened so far

The surgeon used an x-ray to guide a needle into your back to put bone cement (a type of glue) where it was needed.

After the procedure, a nurse asked you to lay flat on your back for two hours while the cement hardened. For the past four to six hours, nurses have checked your heart rate, blood pressure and oxygen levels to make sure you are recovering well. Now you are ready to leave the hospital (also called being "discharged.")

Instructions for after your procedure

First 24 hours after your procedure

- Try to stay in bed. Only get up to eat and go to the bathroom.
- Do not take a bath or shower.
- Do not take off your bandage. Keep your bandage clean and dry.

24 to 48 hours after your procedure

- You can get out of bed to sit and take short walks. If it feels good to you, you can slowly do more activities for longer periods of time.
- You can bend your back, but go slowly. Only do it if it feels good to you.
- You can take off your bandage. You may see a small bruise at the procedure site (where the needle went in).
- You can have a shower or a bath. Wash the puncture site gently with unscented soap and pat dry.

For the next three months after the procedure

- Do not lift anything heavier than five pounds.

Eating and drinking

- As long as it feels good to you, you can eat and drink normally right after your procedure.

Pain

Your back pain should get better after the procedure. If, 24 hours after your procedure, you feel more pain than before, follow the chart below to contact the right person.

	Between 8 am and 4 p.m. on weekdays	Between 4 p.m. and 8 a.m on weekdays. All day on holidays and weekends.
You had your procedure at the General Campus	613-761-4831 and press 6	613-798-5555 extension 0 and ask to page the Neuroradiology Fellow on call
You had your procedure at the Civic Campus	613-761-4831 and press 7	613-798-5555 extension 0 and ask to page the Neuroradiology Fellow on call

Treating pain

- Your family doctor or referring doctor may have given you a prescription for pain medication, muscle relaxants and laxatives before you left the hospital. If so, fill the prescriptions and take the medication by following the instructions from your doctor.

Follow up appointment:

Please make a follow-up appointment with your family doctor or referring doctor. If you can't, and still have questions about your vertebroplasty procedure, please call the booking clerk 613-761-4831 press 7 for Civic Campus or Press 6 for General Campus.

When to seek medical attention

Call 911 or go to the nearest **emergency department** if:

- There is blood or other fluid coming out of your puncture site.
- The puncture site starts smelling bad.
- The puncture site feels warm and tender to the touch.
- You have a fever (above 37.5 °C).
- You are vomiting (throwing up) and are not able to eat or drink.
- Your arms or legs feel weak.
- You are having trouble breathing.
- You have sudden pain in your ribs.

- You have new trouble peeing or emptying your bladder.

Tell the emergency team that you had a vertebroplasty done at The Ottawa Hospital and ask them to call The Ottawa Hospital Neuroradiology Fellow on call.

Contact information

For non-urgent concerns about your procedure, contact:

Dr. Thanh Binh Nguyen

Staff Physician – Department of Medical Imaging

Diagnostic Neuroradiologist, The Ottawa Hospital

Tel: 613.761.4837 press 7 for Civic Campus or press 6 for General Campus (Administrative Assistant Mr. Ghyslain Rieux)

Dr. Santanu Chakraborty

Staff Physician – Department of Medical Imaging

Diagnostic Neuroradiologist, The Ottawa Hospital

Tel: 613.761.4837 press 7 for Civic Campus or press 6 for General Campus (Administrative Assistant Mr. Ghyslain Rieux)

Dr. Carlos Torres

Staff Physician – Department of Medical Imaging

Diagnostic Neuroradiologist, The Ottawa Hospital

Tel: 613.761.4837 press 7 for Civic Campus or press 6 for General Campus (Administrative Assistant Mr. Ghyslain Rieux)

Dr. Eduardo Portela De Oliveira

Staff Physician – Department of Medical Imaging

Diagnostic Neuroradiologist, The Ottawa Hospital

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Dr. Nader Zakhari

Staff Physician – Department of Medical Imaging

Diagnostic Neuroradiologist, The Ottawa Hospital

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Dr. Vered Tsehmaister-Abitbul

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