

Spinal fractures (vertebral fractures) can cause significant back pain and reduced mobility. You underwent a procedure called kyphoplasty to stabilize the fractured vertebrae, restore vertebral height, and relieve pain. During this procedure, your healthcare provider used X-ray guidance to insert a needle into the fractured area. A balloon was inflated to create space, which was then filled with bone cement to reinforce the vertebrae. Follow these instructions to care for your back at home:

Home Care

- **Medications:** Take all prescribed medications exactly as instructed.
- **Smoking:** Avoid smoking, as nicotine slows down the healing process. Consider joining a smoking cessation program for support.
- **Bandages:** Remove the small bandages covering your incisions 24 to 48 hours after surgery.
- **Bathing:** Avoid showers or soaking in a bathtub for 1 to 2 days post-surgery.
Ice for Pain and Swelling: Use an ice pack or a bag of frozen peas wrapped in a thin towel to reduce swelling and pain around the incision site. Apply ice for 20 minutes on, then 20 minutes off. Repeat as needed.
- **Brace Use:** If your healthcare provider instructed you to wear a brace, use it as directed. Move and bend only as much as the brace allows.
- **Resting Position:** Keep your head elevated while lying down during the first 1 to 2 days after surgery.
- **Walking:** Take short walks to promote recovery. Start with 5-minute walks and gradually increase your duration and distance. It's generally best to take it easy for the next day or so, but most patients can return to their regular routine walking in the next few days.

Activity limitation: One week post-procedure: You can resume **no or low-impact** activities such as cycling, swimming, using elliptical machines, and stretching. Avoid strenuous exercises, contact sports, or any activities that put stress on your spine, like jogging or running.

Activity limitation: Six weeks post-procedure: You may gradually reintroduce all activities, as long as they are well-tolerated.

Driving: Do not drive for at least 2 days after surgery. Avoid driving entirely while taking opioid pain medications.

Lifting: Ask your healthcare provider when you can resume lifting objects and clarify any weight restrictions. Typically, **NO** lifting more than **10 pounds**, climbing ladders for the first 2-3 weeks