

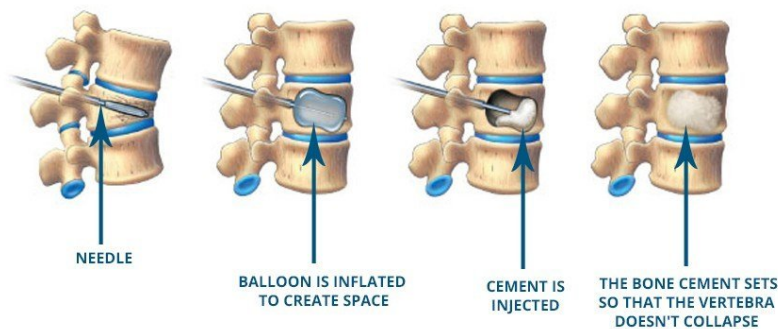
# EMORY PAIN CENTER

## Kyphoplasty

**What is kyphoplasty?** Kyphoplasty is a minimally invasive surgical procedure used to treat vertebral compression fractures in the spine. It involves the injection of bone cement into the fractured vertebra to stabilize the bone, relieve pain, and restore vertebral height. Kyphoplasty can help improve mobility, reduce deformity, and enhance overall quality of life for individuals with vertebral compression fractures.

**What are the indications for kyphoplasty?** Kyphoplasty is typically recommended for individuals with painful vertebral compression fractures caused by conditions such as osteoporosis, trauma, or cancer. These fractures can result in severe back pain, limited mobility, and an increased risk of further fracture or spinal deformity. Kyphoplasty aims to alleviate pain, enhance spinal stability, and prevent future complications.

### HOW IS KYPHOPLASTY PERFORMED



**How is kyphoplasty performed?** Kyphoplasty is usually performed under local or general anesthesia. You will be positioned comfortably on the operating table. A small incision will be made in your back, and a narrow tube called a trocar will be inserted into the fractured vertebra under the guidance of imaging techniques. A balloon-like device is then inserted through the trocar into the vertebra and gently inflated to create a cavity. Once the desired vertebral height is restored, the balloon is deflated, and bone cement is injected into the cavity to stabilize the vertebra. The incision is closed with stitches or adhesive strips.

**What are the potential risks or side effects of kyphoplasty?** Kyphoplasty is considered safe, but like any surgical procedure, it carries some risks. Potential risks and side effects may include infection, bleeding, nerve injury, cement leakage, allergic reactions, or

complications related to anesthesia. Your healthcare provider will discuss the potential risks and benefits with you before the procedure.

**What should I expect after kyphoplasty?** After the procedure, you will be monitored in a recovery area. You may experience immediate pain relief or a significant reduction in pain. Most individuals can go home the same day or after a short hospital stay. Your healthcare provider will provide instructions for post-procedure care, including pain management, activity restrictions, and any necessary precautions related to the incision site. Physical therapy may be recommended to help regain strength and mobility. Regular follow-up appointments will be scheduled to monitor your progress and assess the effectiveness of the procedure.