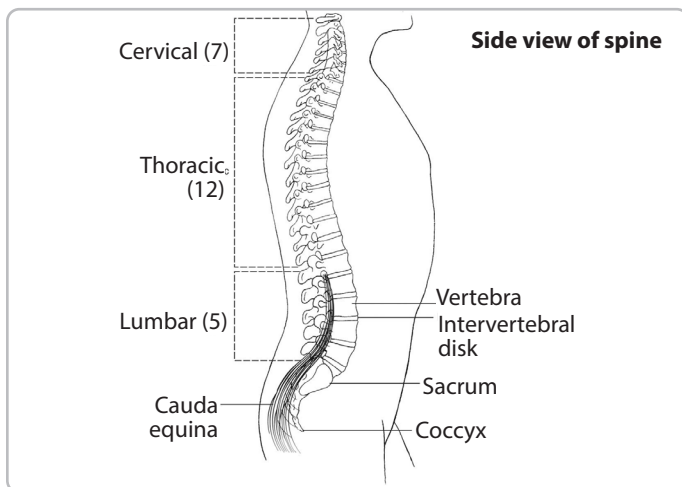


Vertebroplasty

What is a vertebroplasty?

Vertebroplasty is a procedure that may ease pain caused by a fractured vertebra (broken bone in the spine). During the procedure, we inject special cement into the fractured bone to make it stable (keep it from collapsing further).

In vertebroplasty, we use tiny incisions (cuts) instead of one large opening to get to the fracture. Most patients feel 90% less pain within 24 to 48 hours after the procedure.



How do I prepare for the procedure?

Please let your doctor know if:

1. You are currently taking any medicines. To reduce your risk of bleeding during and after your procedure, your doctor will tell you which medicines to stop taking before your procedure. This may include:
 - Acetylsalicylic acid (ASA, such as Aspirin or other brand names)
 - Non-steroidal anti-inflammatory drugs (NSAIDs, such as Advil or Motrin or other brand names)

- Blood thinners (such as Plavix, Coumadin, or other brand names).

Your doctor may also instruct you on other medicines you may be taking.

2. You are pregnant, think you may be pregnant or are breast feeding.
 - If you are pregnant, we may cancel your vertebroplasty to reduce the risk of radiation exposure to your fetus.
3. You have any allergies. It is important to share if you are allergic to local anesthetics (freezing medicine) or any type of dye containing iodine.
 - If you do have known allergies, we suggest you wear your MedicAlert bracelet on the day of your visit.

During your recovery, you may need someone to help you with daily activities. If you are unable to have a family or friend stay with you, please arrange for homecare at the same time you book your procedure.

One week before your vertebroplasty:

- Your doctor will send you for blood tests before the procedure. Please complete these tests at least 1 week before your procedure. We will need these results to proceed.

The day before your vertebroplasty:

- Take your medicines as your doctor advised.
- Your doctor may ask you not to eat or drink anything after midnight the night before, or several hours before, your procedure. If we need to give you a sedative (a medicine to help you relax) during your procedure, having an empty stomach will help prevent you from feeling sick.

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On the day of your vertebroplasty:

Please bring the following to the hospital:

- Your health card (OHIP) and photo ID.
- All the medicines you are currently taking, including over-the-counter medicines, herbals and supplements, in their original containers.

Do not bring jewelry or other valuables.

- We may ask you to remove some or all of your clothes and change into a hospital gown.
- Please remove any jewelry, dental appliances (dentures), eyeglasses, or metal objects you are wearing. These may interfere with the x-ray images.

What can I expect during the procedure?

A specially-trained doctor, called an Interventional Radiologist, will do the procedure.

You will be awake for the procedure. We may give you a medicine (sedative) to make you feel calm or sleepy.

We will lay you on your tummy so the radiologist has easy access to your spine. At the site, we will give you a local anesthetic (freezing medicine) to numb the area. We will then guide a needle into the area and inject the bone cement. You may feel pressure at the site but no pain.

At the end of the procedure, we will place an adhesive bandage (Band-Aid) over the puncture site.

The length of the procedure will vary depending on the patient. We will let you know an approximate time for your procedure before starting.

What can I expect after the procedure?

- We will move you to a recovery area to monitor you for 4 to 6 hours. During this time, you will be lying flat for about 1 hour. Afterwards, we will raise the head of your bed so that you will be lying at a 45-degree angle for 2 hours.
- The radiologist will check your activity by getting you out of bed. At this time, he will let you know when you will be able to go home. He will also instruct you on activities you can and cannot do while you are recovering.
- **You will be unable to drive after the procedure. Please make sure you have someone with you to drive you home.**

How do I care for myself at home?

- Please follow the instructions your radiologist gave you at the time of discharge.
- Make an appointment to see your family doctor within 7 days of leaving the hospital. Your doctor will check on your progress and can answer any questions you may have.
- You may shower or bathe 24 hours after the procedure. For your safety, please make sure you have someone with you to supervise you.



Contact your doctor or go to the nearest Emergency Department right away if you notice any of the following:

- Bleeding, redness, swelling at the puncture site
- A fever at or above 38.5°C or 101.3°F
- Feeling more pain than before the procedure