

Wichita Mountain
Neurosurgery
& Spine

David M. Pagnanelli, M.D.

GOING HOME AFTER A KYPHOPLASTY

You need time to heal. It can take 3 to 4 months for this broken bone to heal, as well as the swelling to go down around your muscles, tendons and soft tissues. It's natural to feel some tightness and pain in your back. If you become tired or have low back pain, just get in bed and rest.

It is, however, very important to take care of yourself during your recovery period. There are certain things you should and should not do in the time before your first visit back to our office.

Cigarette smoking will retard the healing of your broken bone!

BELOW IS A LIST OF GUIDELINES:

You should **not** bend over at the waist, or twist at the waist.

1. There are several small puncture wounds in your back that should be covered with a Band-Aid for the first 3 days. There are no stitches to remove and the small tapes on the punctures will fall off on their own.
2. You may shower as soon as you go home.
3. Avoid lifting objects over 10 pounds until further notice.
4. Walk as much as comfort allows. Do not lay around and wait to get better. If you over do it, simply rest and put some ice on your back.
5. The cement that is injected into the fracture stabilizes it immediately, so you don't need a back brace.
6. You can expect to have some soreness or cramps to remain in your back for a few weeks. However, the severe pain that you experienced from the fracture prior to surgery should be nearly gone.
7. If you haven't already done so, contact your primary care physician to discuss the long term treatment for your osteoporosis.
8. Take the medication prescribed, only if you need it. Try ice, this is often adequate.
9. If given an *ice machine*, you should use it for pain control at home for the first 2 weeks. Use the iceman for 20 minute intervals, at least 4 times per day.
10. The narcotics can cause severe **constipation**. It is important for you to move your bowels regularly and without straining. Use a bulking agent or laxative if necessary. You should be taking a stool softener as long as you are on a narcotic pain medication. If you are not on medication for constipation, call this office or your primary care doctor and get some.
11. Sleep on a mattress that is comfortable to you. Use a bed board under your mattress if necessary, and try propping your legs up on some pillows. Many people find sleeping in a recliner best for them. Don't worry about laying on your incision, it's more important that you're comfortable.
12. I'd like to see you for a follow-up appointment in about one week from the day of your discharge. If my office hasn't called. Please call us to make this arrangement.

***IF YOU HAVE A QUESTION OR CONCERNS, REMEMBER
THAT WE ARE ONLY AS FAR AWAY AS THE TELEPHONE.***

OFFICE HOURS

Our office hours are **Monday through Friday from 8:30 AM to 4:30 PM**. We ask that you call between these hours with your questions, concerns, prescription refill requests, etc. As surgeons, we are frequently in the operating room and therefore unable to be available during all office hours. But during these times, and for your convenience and comfort, we have Physician Assistants experienced in Neuroscience who are available to assist you.

PRESCRIPTIONS

All prescription refills and changes must be requested **during** office hours. We advise patients to monitor their need for refills so that refill requests can be made during your office visit.

EMERGENCIES

We understand that emergencies arise. If you feel that it is absolutely necessary to speak with your doctor during non-office hours, our answering service is available, by simply dialing any of our office telephone numbers listed below. **We ask that this service be reserved only for problems of an emergency nature.**

**5604 SW Lee Blvd
Suite 357
Lawton, Oklahoma 73527
580-531-4600**