

KYPHOPLASTY POST OPERATIVE INSTRUCTIONS
Office: 865-541-2835

LIMITATIONS:

1. No driving while on pain medications.
2. No strenuous activities until so advised on the follow-up visit. This includes lifting more than 10 pounds, climbing ladders, riding bicycles and activities that include pushing and pulling.
3. May travel short distances by car and walk without limitation.

WOUND CARE:

1. Incision is closed with deep sutures underneath the skin. These sutures will reabsorb into the body. On the skin, steri-stips are placed. The incision is dressed with gauze and a waterproof Tegaderm. This initial dressing should be left on for 48 hours, then may be removed. You will be given 5 additional Tegaderm dressings to be applied directly over the incision while showering. When not in the shower, leave incision uncovered. If skin irritation develops, discontinue to Tegaderm dressing and call the office. The steri-stips will peel off on their own. If they do not, you can remove them at one week post-op.
2. Please call with any signs of infection such as redness or drainage with increased pain at the incision site, or a fever greater than 101.5 degrees.

PAIN:

1. Post op back pain and stiffness is normal for several weeks following surgery and is usually mild. You will be given a prescription for pain when you are discharged from the hospital.
2. You may experience some post-operative constipation related to the use of anesthetic in surgery and pain medications. This should resolve in about two days, however, if you experience discomfort or no bowel movement, there are several options to try over the counter:
 - Bisacodyl 10mg 1-2 tablets with a glass of water. This can be bought over the counter. Alternatively, one bisacodyl suppository can be administered per rectum.
 - Magnesium citrate can be taken if no relief with bisacodyl
 - If bowel movements are hard or uncomfortable, you may take docusate 100mg daily for stool softening. Notify the office if you are unable to achieve a bowel movement after these methods.
3. Please call our office prior to going to the emergency room for any postoperative related problem that you do not feel is life threatening.