



**Hampshire Orthopedics and Sports Medicine  
Physical Medicine and Rehabilitation  
Post Procedure Instructions**

**Vertebroplasty or Kyphoplasty:**

1. Driving instructions: No driving motor vehicle or bike for 3 days.
2. On the day of the injection, you will observe relative rest for about 8 hours after the procedure, then gradual increase of activities is acceptable as tolerated. Please do your usual daily activities. Please do not attempt to do “more” than you usually do if you feel “wonderful”. Gradually you will be increasing your activity, however the day of the injection is not the day to start.
3. Put ice to the injection site if desired 3 to 4 times per day for 2-3 days if needed.  
Ice 20 minutes on/ 20 minutes off/ 20 minutes on. (total Time 60 minutes).
4. Soft body massage and back rubs are ok to get.
5. No Physical therapy for 3 days.
6. No soaking/ bath tub/ hot tub/ Jacuzzi for 5 days.
7. No soaking/ bath tub/ hot tub/ Jacuzzi for 5 days.
8. No strenuous lifting or pulling for the day after injection.
9. If you are prescribed medications for pain control or infection control (antibiotics), use exactly as directed by the prescription.
10. Call the office if a fever/chills develops.
11. Call the office if unexpected urinary or fecal incontinence occurs.
12. If difficulty breathing or swallowing occurs in the first 24-48 hours, immediately call 9-1-1/ EMS and go to the closest emergency department.
13. Generally the injection site may be sore, if this develops, Tylenol 1000 mg 3x/day or ibuprofen at 800 mg 3x/ day is sufficient to control the soreness.
14. If you have other questions call the office to discuss them.
15. Follow up in the office as instructed on the date selected by you.

Contact Nurse Triage: 413-586-8200, extension 135

Hampshire Orthopedics & Sports Medicine Inc.

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