



# EVOLVE

RESTORATIVE CENTER

## Vertebral Body Augmentation (VCF)

### General Information

Your health care provider has determined that you have a vertebral body compression fracture that may be contributing to your pain. The vertebral bodies are bones in your back, and it has been determined that a fracture is present. Vertebral body augmentation is a method to treat the broken bone by injecting cement. This is performed by either a vertebroplasty or a kyphoplasty. The vertebroplasty is a strategy to inject cement through a needle. A kyphoplasty is injecting cement through a needle after a cavity has been created within the broken bone with a balloon.

- Back pain from a broken vertebral body

### Procedure Information: What to Expect

Prior to the injection appointment, there may be some medications that need to be stopped and your health care provider will discuss these with you. They could include blood-thinning medications like anti-inflammatory medications (aspirin, Xarelto, Coumadin, and Plavix).

The procedure is performed in a surgery center. After arrival and check in, you are brought to the pre-operative area where you will be placed in a gown. An IV may be placed in your arm at that time for antibiotics. Then, you will be escorted to the procedure room. You will lay on your stomach (facing down) with your back or neck exposed. An X-ray/fluoroscope is used to see the bones to guide needle placement. After a cold, cleaning solution is placed on our skin, it is important not to touch the area. You will be draped to ensure the cleaned area remains sterile. You will then feel a pinch and a burn (much like a bee sting), which is the local anesthetic (numbing medicine). After that, you will feel a pressure and a poke. Once the broken bone is entered, cement is injected. The needle is then removed, and the needle access point is closed, and a sterile dressing is placed. You are then escorted to the post-operative area where you will be instructed to lay flat on your back for 30-45 minutes. You will then be discharged to home.

## **Post-Procedure Instructions**

Typical things to expect may include:

- Numbness or tingling or transient weakness in the area of pain
- Some soreness around the injection site
  - Ice may be applied
- Resume all medications as instructed by your provider
- No activity restrictions are necessary except you should not be in sitting water (baths, hot tubs, swimming pools, lakes/ponds) for three days after the procedure. Showers are OK.
- Keep post-operative appointment

Things to Look-out for

Please contact our office (844) 527-7369 if you experience:

- Weakness in the arms or legs for more than 24 hours
- Redness or swelling around injection site for more than 24 hours
- Bladder or bowel accidents and/or numbness around the groin
- Fever or chills
- Any questions