

KYPHOPLASTY

DISCHARGE INSTRUCTIONS

Wayne Kelley, Jr. MD

These are general guidelines to follow once you return home following your procedure.

ACTIVITY:

- ◆ Avoid bending, lifting, twisting your body, or stooping for the first few days.
- ◆ Take short walks often. If your discomfort begins to increase when you are up, lie down for a while.
- ◆ It is okay to go up steps with assistance to get into your house. If your home is multilevel, try to arrange to have everything you may need on one floor. If you do have to go upstairs, try to make only one trip each day (with assistance) until you see your doctor.
- ◆ Sexual activity can be resumed when comfort permits. The bottom passive position is best tolerated by most persons following surgery. Feel free to discuss any concerns with the nurse or with your doctor.

TRAVEL:

Until you see your doctor:

- ◆ Do not ride for more than 15 or 20 minutes at a time.
- ◆ Do not drive.

SHOWERING AND WOUND CARE:

- ◆ Do **not** take tub baths after your surgery.
- ◆ You may shower once you feel comfortable enough to do so after your surgery.
- ◆ Keep incision clean and dry. Leave dressing in place for 3 days. After 3 days can remove dressing and re-apply as needed.

BRACES AND CORSETS:

- ◆ Corsets are prescribed by your doctor only for your comfort and recovery. They may not be prescribed in all cases.
- ◆ Corsets should be worn about 3 to 4 weeks after surgery. Wear when you are out of bed. Wearing your corset in bed is optional unless instructed to do so by your doctor.

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NUTRITION:

- ◆ Eat a balanced diet including fruits and vegetables.
- ◆ To avoid constipation drink plenty of fluids, especially water. Prune juice can be helpful.
- ◆ You may use a mild laxative for constipation. Ask your doctor about specific laxatives.

FOLLOW-UP APPOINTMENT:

- ◆ If your appointment was not made before you left the hospital, call the office to schedule one as soon as possible.
- ◆ Your appointment will be about 4 weeks after surgery.
- ◆ Write down any questions as they occur to you and discuss them with the nurse or doctor.

MEDICATIONS:

- ◆ No aspirin, Coumadin, or plavix for 24 hours, otherwise resume home medications as prescribed by physicians.

WHEN TO CALL YOUR DOCTOR:

- ◆ **Temperature greater than 101°, sweats chills**
- ◆ **Drainage from incisions**
- ◆ **Increasing pain, numbness or weakness**
- ◆ **Headache that becomes worse when out of bed**

If you have any concerns before your appointment please call OrthoGeorgia at (478) 745-4206.