

Vertebroplasty

What You Need to Know and Do

Fractures in the bones of the spine (vertebrae) can cause severe back pain and loss of movement. Vertebroplasty is a procedure to make the spine more stable and to relieve back pain. A type of surgical cement is injected into the fractured vertebrae.

What should I do before my appointment?

You need to stop eating or drinking after midnight the night before the test.

You may also need to stop taking your medicine before the test. Talk to us before your test to find out how you need to prepare.

Be sure to tell the radiologist or technologist if you:

- are or think you may be pregnant, or if you are breastfeeding.
- allergic to seafood, iodine contrast dye, or other medicines.

When should I arrive for my appointment?

You will need to arrive at least 1 hour and 30 minutes before your appointment time to check in and complete paperwork.

What happens during my procedure?

You will change into a hospital gown and lie face down on an X-ray table.

We will insert an IV (intravenous) line in your arm. It will give you fluids and medicine. You may be given medicine to help you relax.

Your back will be numbed with a local anesthetic. It will be injected by needle. Once your back is numb, a needle is inserted into your back. Contrast dye is injected. This allows the X-ray images (pictures) to be clear.

A doctor moves the needle to the vertebra. A cement-like plastic material is injected into the vertebra. This is repeated for each vertebra that needs to be treated.

The entire procedure may take several hours, depending on how many vertebra are being treated.

What happens after my procedure?

You will lie flat for 1 to 2 hours while the cement hardens. You will likely be able to go home within a few hours, but you may need to stay in the hospital overnight.

You can usually go back to your normal activities and eat the food you normally eat in about 24 hours.

You may feel an ache at the puncture site. Use ice or pain medicine (as you are told) to ease the pain.

Drink plenty of water to help flush the contrast dye from your body.

(continued)

Who can I contact with questions?

For any problems, concerns, or questions, call Interventional Oncology at (615) 343-9206.

After hours (between 3:30 p.m. and 7:00 a.m. on weekdays, and on weekends and holidays), call (615) 322-5000. Ask for the Interventional Radiology Fellow on call.

If you have an emergency, go to the nearest Emergency Room or call 9-1-1.