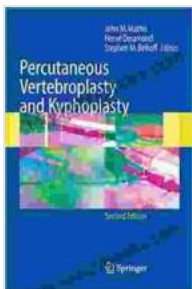


# Percutaneous Vertebroplasty and Kyphoplasty: The Gold Standard for Spinal Fractures

## What are percutaneous vertebroplasty and kyphoplasty?

Percutaneous vertebroplasty and kyphoplasty are minimally invasive procedures that are used to treat vertebral fractures. These fractures can be caused by osteoporosis, trauma, or other conditions.



## Percutaneous Vertebroplasty and Kyphoplasty

by Richard Clark

★★★★★ 5 out of 5

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Screen Reader : Supported

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Vertebroplasty involves injecting a bone cement into the fractured vertebra. This helps to stabilize the fracture and reduce pain. Kyphoplasty is a similar procedure, but it also involves inflating a balloon inside the fractured vertebra before injecting the bone cement. This helps to restore the vertebra's height and reduce kyphosis, or hunchback.

## Who is a candidate for percutaneous vertebroplasty or kyphoplasty?

Percutaneous vertebroplasty and kyphoplasty are typically recommended for people who have:

\* A vertebral fracture that is causing pain \* A vertebral fracture that is at risk of causing further fractures \* A vertebral fracture that is causing kyphosis

### **What are the benefits of percutaneous vertebroplasty or kyphoplasty?**

Percutaneous vertebroplasty and kyphoplasty offer a number of benefits, including:

\* Relief of pain \* Improved mobility \* Prevention of further fractures \* Reduction of kyphosis

### **What are the risks of percutaneous vertebroplasty or kyphoplasty?**

Percutaneous vertebroplasty and kyphoplasty are generally safe procedures, but there are some risks associated with these procedures, including:

\* Infection \* Bleeding \* Nerve damage \* Cement leakage

### **How do I prepare for percutaneous vertebroplasty or kyphoplasty?**

Before your percutaneous vertebroplasty or kyphoplasty, you will need to:

\* Have a physical examination \* Get blood tests \* Have an imaging test, such as an MRI or CT scan

You should also tell your doctor about any medications you are taking, including blood thinners.

### **What happens during percutaneous vertebroplasty or kyphoplasty?**

Percutaneous vertebroplasty and kyphoplasty are typically performed on an outpatient basis. This means that you will be able to go home the same day

as your procedure.

During your procedure, you will lie on your stomach on a table. The doctor will make a small incision in your back and insert a needle into the fractured vertebra. The doctor will then inject the bone cement into the vertebra.

If you are having kyphoplasty, the doctor will also inflate a balloon inside the fractured vertebra before injecting the bone cement. This will help to restore the vertebra's height and reduce kyphosis.

### **What happens after percutaneous vertebroplasty or kyphoplasty?**

After your percutaneous vertebroplasty or kyphoplasty, you will be taken to a recovery room where you will be monitored for any complications. You may experience some pain after your procedure, but this can be managed with medication.

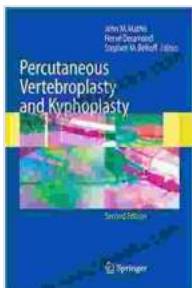
You will be able to go home the same day as your procedure, but you will need to take it easy for a few days. You should avoid strenuous activity and heavy lifting.

You will need to follow up with your doctor for regular checkups to ensure that your fracture is healing properly.

Percutaneous vertebroplasty and kyphoplasty are effective treatments for vertebral fractures. These procedures can help to relieve pain, improve mobility, and prevent further fractures. If you are experiencing pain from a vertebral fracture, talk to your doctor about whether percutaneous vertebroplasty or kyphoplasty is right for you.



The three steps of vertebroplasty:  
1. placement of a guide wire  
2. insertion of a working cannula  
3. injection of cement filler



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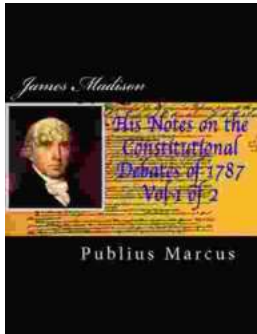
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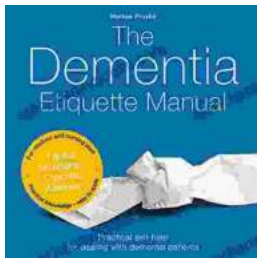
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