

*If you have  
any questions,  
please ask your  
healthcare  
provider.*

## **Percutaneous Vertebroplasty**

Vertebroplasty is a treatment option for pain related to spinal (vertebral) compression fractures. A hollow needle is placed near the fracture through the skin (percutaneous). A cement-like substance is injected through the needle to reinforce the fractured, brittle vertebrae. Vertebroplasty is usually done as an outpatient procedure. After the procedure, most patients have less pain and more mobility.

### **Before the procedure**

Vertebroplasty is done in the Department of Interventional Radiology (IR) by a neuroradiologist. Before scheduling the procedure, the neuroradiologist will talk with you and discuss the risks and benefits of the procedure. In some cases, more testing may be done.

Do not eat or drink for 6 hours before the procedure. You may take any needed medications with small sips of water.

You will also need to stop taking these medications, as directed by the radiologist, before the procedure:

- Anticoagulation (blood thinner) medications such as aspirin and clopidogrel (Plavix®)
- Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Motrin®, Advil®)

You will be told when to stop these medications when the procedure is scheduled. Tell your physician who prescribed these medications that you will not be taking them before your procedure.

### **Day of the procedure**

#### ***What to bring to the hospital***

Be sure to bring:

- A list of your allergies
- A list of all your current medications (prescription, over-the-counter and herbal)
- Photo ID
- Medical insurance information and card
- Medicare card (Medicare patients only)

Please leave all valuables (jewelry, credit cards, money) at home. This includes body piercing jewelry and tongue studs. You may not wear any jewelry during surgery.

Medication given during the procedure will make you drowsy, so you will need to have a responsible adult take you home. This is hospital policy. We ask for a cell phone or a contact phone number in case we need to reach a family member.

### ***Arrival***

One hour before your procedure, come to the 4th floor of Feinberg Pavilion, 251 East Huron Street. Parking is available for patients and visitors in the garage at 222 East Huron Street, across from Feinberg and Galter pavilions. For a discounted rate, please bring your parking ticket with you. Your ticket can be validated at the IR check-in desk, at the Customer Services Desks on the 1st and 2nd floor of Feinberg and Galter pavilions, and on the 1st floor of Prentice Women's Hospital.

After you check in with the receptionist on the 4th floor, you will meet with a staff member who will bring you to the preparation area. They will review your health history, medications and allergies. After reviewing the procedure and having a chance to ask questions, you will be asked to sign a written consent. You will then change into a hospital gown. An IV (into the vein) line will be placed into your arm or hand. This allows fluids and medicines to be given during the procedure. An antibiotic will be given through the IV to prevent infection.

### **During the procedure**

In the IR procedure room, you will be positioned on an examination table. You will be connected to heart and blood pressure monitors. A small sensor is placed on your finger to check the oxygen level of your blood.

Numbing medicine will be injected into the skin near the part of your spine that needs treatment. The hollow needle will be inserted into the affected area. X-ray pictures will help guide the needle placement. A cement-like liquid will be injected into the fracture site(s) and harden right away. The needle will then be removed. Depending on the fracture sites, this injection may be done in more than one location.

### **After the procedure**

After the procedure, you will be transported to the recovery area and will lie flat for about 1 hour. You may resume your normal diet. You will be given medications for pain and discomfort as needed.

You should not do heavy or strenuous activity for the rest of the day.

### **At home**

You may resume your normal activities as you are able, usually 1 to 2 days after the procedure. You may take a shower after 24 hours. Do not take tub baths, use a hot tub or submerge the injection site for 5 days.

Seek medical attention if you have these symptoms:

- Chest pain
- A temperature more than 101.1 degrees F
- Severe pain that does not go away
- Bleeding at the puncture site
- Numbness, tingling or weakness

If you have any questions, please call the interventional neuroradiology physician assistant at 312.695.3681, TTY 312.926.6363, or the clinical coordinator at 312.926.3185.