About Your Kyphoplasty

This information will help you get ready for your kyphoplasty procedure at Memorial Sloan Kettering (MSK).

About Kyphoplasty

A kyphoplasty is a procedure to help stabilize a weak or fractured vertebra (bone in your back). During this procedure, your doctor will use an x-ray to place 2 needles through your skin and back muscles into your vertebra. They will then inflate a balloon-like device to create space inside your bone. They will then inject bone cement into your weak or fractured bone to help make it stronger.

A doctor called an interventional neuroradiologist will perform your kyphoplasty procedure.

Before Your Procedure

Ask About Your Medications

You may need to stop taking some of your medications before your procedure. Talk with your healthcare provider about which medications are safe for you to stop taking. We’ve included some common examples below.

Blood Thinners

If you take a blood thinner (medication that affects the way your blood clots), ask the healthcare provider performing your procedure what to do. Their contact information is listed at the end of this resource. Whether they recommend you stop taking the medication depends on the type of procedure you’re having and the reason you’re taking blood thinners.
Examples of blood thinners include:

- Apixaban (Eliquis®)
- Aspirin
- Celecoxib (Celebrex®)
- Cilostazol (Pletal®)
- Clopidogrel (Plavix®)
- Dabigatran (Pradaxa®)
- Dalteparin (Fragmin®)
- Dipyridamole (Persantine®)
- Edoxaban (Savaysa®)
- Enoxaparin (Lovenox®)
- Fondaparinux (Arixtra®)
- Heparin (shot under your skin)
- Meloxicam (Mobic®)
- Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil®, Motrin®) and naproxen (Aleve®)
- Pentoxifylline (Trental®)
- Prasugrel (Effient®)
- Rivaroxaban (Xarelto®)
- Sulfasalazine (Azulfidine®, Sulfazine®)
- Ticagrelor (Brilinta®)
- Tinzaparin (Innohep®)
- Warfarin (Jantoven®, Coumadin®)

Do not stop taking your blood thinner medication without talking with a member of your care team.

Read Common Medications Containing Aspirin, Other Nonsteroidal Anti-inflammatory Drugs (NSAIDs), or Vitamin E (www.mskcc.org/pe/common_meds). It has important information about medications you’ll need to avoid before your procedure and what medications you can take instead.

**Medications for Diabetes**

If you take insulin or other medications for diabetes, ask the healthcare provider who prescribes your medication what you should do the morning of your procedure. You may need to change the dose before your procedure. Your healthcare providers will be checking your blood sugar level during your procedure.
Diuretics (Water Pills)
A diuretic is a medication that makes you urinate (pee) more often. Hydrochlorothiazide (Microzide®) and furosemide (Lasix®) are common diuretics.

If you take any diuretics, ask the healthcare provider doing your procedure what to do. You may need to stop taking them the day of your procedure.

Remove Devices From Your Skin
If you wear any of the following devices on your skin, the manufacturer recommends you remove it before your scan or procedure:

- Continuous glucose monitor (CGM)
- Insulin pump

Talk with your healthcare provider about scheduling your appointment closer to the date you need to change your device. Make sure you have an extra device with you to put on after your scan or procedure.

If you’re not sure how to manage your glucose while your device is off, talk with the healthcare provider who manages your diabetes care before your appointment.

Arrange for Someone to Take You Home
You must have a responsible care partner take you home after your procedure. A responsible care partner is someone who can help you get home safely. They should be able to contact your care team if they have any concerns. Make sure to plan this before the day of your procedure.

If you don’t have a responsible care partner to take you home, call one of the agencies below. They’ll send someone to go home with you. There’s a charge for this service, and you’ll need to provide transportation. It’s OK to use a taxi or car service, but you still need a responsible care partner with you.

Agencies in New York

Agencies in New Jersey
Tell Us if You’re Sick
If you get sick (such as have a fever, cold, sore throat, or the flu) before your procedure, call your doctor in Interventional Radiology. You can reach them Monday through Friday from 9 a.m. to 5 p.m. After 5 p.m., during the weekend, and on holidays, call 212-639-2000 and ask for the Interventional Radiology fellow on call.

Note the Time of Your Appointment
A staff member from Interventional Radiology will call you 2 business days (Monday through Friday) before your procedure. If your procedure is scheduled on a Monday, they’ll call you on the Thursday before. If you don’t get a call by noon on the business day before your procedure, call 646-677-7001.

The staff member will tell you what time to arrive at the hospital for your procedure. They’ll also remind you where to go.

Use this area to write down the date, time, and location of your procedure:

If you need to cancel your procedure for any reason, call the healthcare provider who scheduled it for you.

Take care of your spine It’s important to take care of your spine before your procedure. Follow these guidelines on the days leading up to your procedure: Don’t bend over or twist from your waist. Don’t bend over deeply, such as to tie your shoelace. Don’t lift any objects heavier than 5 pounds (2.3 kilograms).
The Day Before Your Procedure

Instructions for Eating Before Your Procedure

Do not eat anything after midnight the night before your procedure. This includes hard candy and gum.

The Day of Your Procedure

Instructions for Drinking Before Your Procedure

You can drink a total of 12 ounces of water between midnight and 2 hours before your scheduled arrival time. Do not drink anything else.

Do not drink anything starting 2 hours before your scheduled arrival time. This includes water.

Things to remember

- Take only the medications your doctor told you to take the morning of your procedure. Take them with a few sips of water.
- If you’re taking pain medication, take it before your procedure with a few sips of water.
- Don’t use any cream, petroleum jelly (Vaseline®), powder, makeup, perfume, or cologne. You can use deodorant and light moisturizers.
- Don’t wear any metal objects. Remove all jewelry, including body piercings.
- Leave valuables (such as credit cards or jewelry) at home.
- If you wear contact lenses, wear your glasses instead.
What to bring with you

☐ A list of the medications you take at home, including patches and creams.

☐ Medications for breathing problems (such as inhalers), medications for chest pain, or both.

☐ Your pain medication.

☐ A case for your glasses or contacts.

☐ Your Health Care Proxy form, if you have completed one.

☐ Your CPAP or BiPAP machine, if you use one to sleep at night. If you can’t bring your machine, we will give you one to use while you’re in the hospital.

Where to go

Your procedure will take place at:

Memorial Hospital (MSK’s main hospital)
1275 York Avenue (between East 67th and East 68th Streets)
New York, NY 10065
Take the M elevator to the 2nd Floor. Enter through the glass doors.

Where to park

MSK’s parking garage is on East 66th Street between York and 1st avenues. If you have questions about prices, call 212-639-2338.

To reach the garage, turn onto East 66th Street from York Avenue. The garage is about a quarter of a block in from York Avenue. It’s on the right (north) side of the street. There’s a tunnel you can walk through that connects the garage to the hospital.
There are other parking garages located on:

- East 69th Street between 1st and 2nd avenues.
- East 67th Street between York and 1st avenues.
- East 65th Street between 1st and 2nd avenues.

**What to expect**

Once you arrive at the hospital, doctors, nurses, and other staff members will ask you to state and spell your name and date of birth many times. This is for your safety. People with the same or similar name may be having a procedure on the same day.

After changing into a hospital gown, you’ll meet your nurse. They will place an intravenous (IV) catheter into one of your veins, usually in your hand or arm. The IV will be used to give you anesthesia (medication to make you sleep) during your procedure.

If you have an implanted port (such as a Medi-Port®), your doctor may give you anesthesia through your implanted port and change to a peripheral IV catheter (PIV) in your arm once your procedure begins.

You’ll talk with your doctor before your procedure. They will explain the procedure and answer your questions.

**During your procedure**

When it’s time for your procedure, you’ll be brought into the procedure room. You’ll be attached to equipment to monitor your heart, breathing, and blood pressure. You’ll also receive oxygen through a thin tube that rests below your nose.

You’ll get anesthesia through your IV, which will make you fall asleep. Once you’re asleep, your doctor and healthcare team will help position you on your stomach. Your back will be cleaned and covered with sterile drapes. A local anesthetic (medication to make an area numb) will be injected in the area where your doctor will be working.
Your doctor will take images of the area so they can place the needles in the right place. A balloon-like device will be inserted into your fractured vertebrae and inflated to make space inside your bone. They will then inject bone cement into your weak or fractured bone to help make it stronger. This will be repeated on any other vertebra that needs to be strengthened.

After Your Procedure

In the recovery room
You’ll be brought to the recovery room after your procedure. You’ll have a pressure dressing bandage on your back. Your nurse will monitor your injection site(s) for any bleeding. Most people are in the recovery room for at least 2 hours.

Tell your nurse if you have:

- Increasing pain or discomfort
- Shortness of breath or trouble breathing
- Any symptoms that concern you

At home

- Remove the bandage and wash the injection site(s) with soap and water after 24 hours. Gently dry the area with a clean towel. You may place a clean bandage over the injection site(s) until they are healed.
- Don’t take a bath, swim, or sit in a hot tub for at least 1 week after your procedure.
- It’s important to take care of your spine after your procedure. Follow these guidelines for 4 to 6 weeks after your procedure:
  - Don’t bend over or twist from your waist.
  - Don’t bend over deeply, such as to tie your shoelace.
  - Don’t lift any objects heavier than 5 pounds (2.3 kilograms).
When to Call Your Healthcare Provider

Call your healthcare provider if you have:

- A fever of 101 °F (38.3 °C) or higher
- Pain that is uncontrolled or worse than it was before your procedure
- New pain
- Redness, swelling, or drainage around the needle marks on your back
- Any symptoms that are worrying you

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.