

**Scott P. Leary, M.D.**

7625 Mesa College Drive, Suite 305A  
San Diego, CA 92111  
Phone: 858-223-2100  
Fax: 858-223-2101

**KYPHOPLASTY DISCHARGE INSTRUCTIONS**

**Surgeon’s Wound Care Instructions**

- Keep dressing/operative area clean and dry.
- If you notice bright red bleeding, swelling, coldness, bluish coloring, numbness, persistent pain or sudden intense pain in or around the operative area, or if you have any questions, **Call our office.**
- If swelling, redness, heat, and/or drainage occur at the incision site, **Call our office.**
- To lessen swelling and pain: apply ice packs over the dressing, 20 minutes on, 20 minutes off as needed. Do not apply the ice pack directly to your skin.
- Remove bandaids or dressing(s) in 24 hours. If you have small white tape strips, do not remove them. You may experience incisional pain for 24 - 48 hours.
- May shower: day after procedure
- May bathe/hot tub/swim: 4 weeks after procedure
- **Low grade fever is normal up to 48 hours after surgery. Call our office for any temperature over 101°.**
- Call our office if you cannot urinate 8 to 12 hours after surgery.

**Post Sedation Instructions**

- You may feel sleepy and somewhat sluggish for several hours.
- **Do Not Drive For 24 Hours Following Surgery.**
- Do not stay by yourself the day of the surgery. If this is not possible, have someone call or visit you frequently.
- Take deep breaths and cough 2 times every hour until bedtime.
- Do **NOT** drink alcoholic beverages for 24 hours after surgery and/or when taking pain medicine.
- Do not make any important decisions or participate in activities which require judgment or quick reaction time.

**Diet / Fluids**

- Recommended diet: Regular
- Drink plenty of liquids to stay hydrated.
- Nausea can be a side effect of medicines you received during surgery. Take frequent sips of clear liquids. If unable to tolerate liquids, **Call our office.**

**Medicines/Follow-Up Care**

- Take pain medications as prescribed by our office.
- **Do Not Drive Or Operate Machinery While Taking Pain Medications.**

**Post Injection Activity Instructions**

- Day of procedure: rest and limit physical activity.
- Day after procedure: able to return to sedentary activities such as sitting at a desk or walking.
- One week after procedure: able to return to no and low impact activities (e.g., cycling, swimming, elliptical machines, stretching, etc.), however, no strenuous or contact sports, or activities that have an impact on your spine such as jogging or running.
- Six weeks after procedure: able to slowly introduce all desired activities as tolerated.

**I Hereby Acknowledge Understanding And Receipt Of The Instructions Above. I Understand That It Is My Responsibility To Arrange For Follow-Up Care As Instructed Above.**

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PATIENT OR REPRESENTATIVE SIGNATURE      DATE

\_\_\_\_\_  
WITNESS SIGNATURE      DATE

\_\_\_\_\_  
NURSE SIGNATURE      DATE

\_\_\_\_\_  
TIME