

Understanding Your Diagnosis

A vertebral compression fracture (VCF) occurs when a bone in your spine collapses, often due to osteoporosis or minor trauma. This can lead to sudden, severe back pain, a "hunched" posture, and decreased mobility. Kyphoplasty is a specialized treatment designed to stabilize the fracture, restore lost bone height, and provide rapid pain relief.

The Treatment: Kyphoplasty

Kyphoplasty is a minimally invasive procedure where a small balloon is used to create a cavity within the collapsed vertebra. Once the bone height is restored, the balloon is deflated, and medical-grade bone cement is injected to "cast" the bone from the inside. This stabilization prevents further collapse and typically results in a significant reduction in pain almost immediately after the procedure.

Our Approach: Minimally Invasive Precision

At Abilene Pain, Dr. Pugh utilizes Live X-Ray (Fluoroscopy) to visualize the vertebral body in real-time. This ensures the instruments are placed with sub-millimeter precision, maximizing safety and ensuring the cement is contained exactly where it is needed. Our independent practice model prioritizes these advanced, evidence-based solutions to restore your function and quality of life.

Procedure Day Highlights:

- Performed under Live X-Ray for continuous safety and accuracy.
- Sedation is provided to ensure a professional and comfortable experience.
- The procedure typically takes about 45 to 60 minutes per level.
- This is an outpatient procedure; most patients go home the same day.

Benefits

- **Rapid Pain Relief:** Most patients experience a significant decrease in back pain within 24 to 48 hours.
- **Restored Mobility:** Designed to help you return to your daily activities and improve your posture.
- **Prevents Further Collapse:** Stabilizes the bone to prevent the fracture from worsening over time.

Recovery

- **Initial Activity:** You may return to light, indoor activity within 24 hours.
- **Wound Care:** The small incision is closed with a simple adhesive bandage; keep the area clean and dry for 2 days.
- **Follow-Up:** A visit will be scheduled in 14 days to monitor your healing and functional progress.

Nicolas Pugh, MD | **Adrianne Anders, NP** | **Ted Chaka, PA**

Abilene Pain Locations

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Contact Numbers

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Procedure Summary: Kyphoplasty

You have undergone a Kyphoplasty, a minimally invasive procedure designed to stabilize a vertebral compression fracture. Using a specialized balloon and medical-grade bone cement, we have internalized a "cast" within your vertebra to restore bone height and provide immediate structural support. This procedure was performed to eliminate the painful motion of the fracture and prevent further collapse of the spinal segment.

Activity Restrictions

- **Driving:** No driving or operating machinery for 24 hours (post-anesthesia safety).
- **Lifting:** Limit lifting/pulling/pushing to <15 lbs for 7 days.
- **Exercise:** No strenuous activity, impact sports, or excessive twisting for 1 week. Walking is encouraged.

Wound Care

- **First 24 Hours:** Keep bandages clean and dry.
- **Showering:** Permitted after 24 hours. Remove bandages first; pat sites dry.
- **Submersion:** No baths, pools, or hot tubs for 7 days until incisions are fully closed.

Pain Management Expectations

- **The Relief:** Most patients experience a significant decrease in "fracture pain" within 24–48 hours.
- **Muscle Soreness:** You may feel mild soreness or a "bruised" sensation at the injection site for 3–5 days.
- **Management:** Use ice packs (20 min on/off) for localized soreness and resume baseline medications including NSAIDs/Aspirin immediately.

Red Flags

- New or worsening leg weakness, numbness, or "**foot drop**."
- Sudden loss of bowel or bladder control.
- **Fever** >101.5°F, chills, or **drainage at the incision site**.
- **Severe headache** that worsens when sitting or standing.

Follow-Up Schedule

- **2 Weeks:** Wound check and post-operative review.
- **3 Months:** Formal functional assessment of procedural efficacy.

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