

VERTEBROPLASTY DISCHARGE INSTRUCTIONS

ACTIVITIES: Rest the remainder of the day. Tomorrow you may begin to gradually increase your activity level as tolerated. Please use a walker or cane until your balance and the strength in your legs returns to normal. No driving for 24 hours.

DIET: As tolerated. Other: _____

NOTIFY RADIOLOGIST IF THESE SYMPTOMS OCCUR: Excessive bleeding or swelling in the back or worsening pain. Other: _____

DRESSING: You may remove the dressing on your back in 2 days. Replace with a Band-Aid and antibiotic ointment daily for 1 week.

GENERAL INFORMATION: You will experience soreness in your back where the procedure was performed for several weeks. However, your fracture pain and mobility should be significantly improved after the procedure. Take 2 tablets of Tylenol for the soreness as needed every 6 hours. Attempt to reduce or discontinue narcotic pain medications as soon as possible. If you are not presently taking bone hardening medications to treat osteoporosis, you should speak to your primary care physician to determine if these medications might help you to prevent future fractures.

FOLLOW-UP: The radiologist will also be calling you tomorrow at the number you provided during hospital registration. Also, call Dr. _____ to be seen in 7-10 days.

PRESCRIPTIONS PROVIDED: _____

MEDICATIONS: See Medication Reconciliation Form

Other: _____

PHYSICIANS: Mark Mittelman, M.D. Richard Lang, M.D. Nila Wilbur, M.D.

TELEPHONE NUMBERS: (828) 452-8153 OR (828) 452-8348

Physician Signature: _____ Date/Time: _____

Patient / Responsible Adult Signature: _____

Nurse Signature: _____

**MEDWEST HAYWOOD
VERTEBROPLASTY
DISCHARGE INSTRUCTIONS**



RAD040 (12/02/10)



DOB:

AGE: