

ABINGTON MEMORIAL HOSPITAL INTERVENTIONAL RADIOLOGY DEPARTMENT

1200 Old York Road · Abington, PA 19001

Department Telephone: 215-481-2071

Office Telephone: 215-481-6226

Fax: 215-481-2567

Website: www.abingtonir.com

VERTEBROPLASTY/SACROPLASTY/KYPHOPLASTY DISCHARGE INSTRUCTIONS

- You have had a vertebroplasty/sacroplasty/kyphoplasty of your _____.
- You may resume your normal diet.
- You may resume your normal medications. However, if you take any blood thinning medications, such as anticoagulants, aspirin, or NSAIDS, refrain from taking them for 24 hours post procedure.
- Do not drive a car, operate any heavy machinery, or make any important decisions for 24 hours after the procedure.
- Do not drink any alcoholic beverages for the next 24 hours.
- Do not engage in any excessive physical activity for 24 hours after the procedure. You may then gradually return to normal activities as tolerated.
- If you have pain following your procedure proceed as follows:
 - Mild pain: Take Tylenol 650 mg every 4-6 hours by mouth
 - Moderate pain: Take your previously prescribed pain medication
 - Severe or Worsening pain: Call our office or follow physician contact information below

Notify your primary physician and/or Radiologist IMMEDIATELY if any of the following occur:

- **Fever of 101° F (38 ° C)**
- **Worsening back pain**
- **Difficulty walking/numbness or tingling in legs/feet**
- **Bladder or bowel changes**

Follow up care:

Our office will call you within 48-72 hours for a telephone follow-up. You will be scheduled for a two week office visit at the time of the telephone call.

Physician Contact Information

- **If you have a problem that requires immediate attention, you should go to the emergency room, either at Abington Memorial Hospital or the closest hospital, or call 911.**
- Our office is open Monday through Friday (except major Holidays) from 7:30 AM to 4:00PM. We can be reached at 215-481-6226.
- If you are unable to reach our office and you have an urgent an urgent need, please call the following:
 - ***During regular weekday hours (except major Holidays) from 7:30 AM to 4:00 PM, call 215-481-2071. Press #1 for outpatient needs and #3 to speak with a Radiology Nurse.***
 - ***For after hour emergencies call 215-481-2000 and ask the hospital operator to contact the Interventional Radiologist on-call.***

Staff Signature_____ Date_____

Patient Signature_____ Date_____