



## **Kyphoplasty Instructions**

- We will request approval from your insurance company to perform the procedure.
- Once we obtain approval from your insurance company, we will schedule you for your procedure as soon as possible.
- **5 days prior to your procedure:** Stop all anti-inflammatory and medications that cause blood to thin (naproxen, ibuprofen and motrin, mobic, celebrex). **Tylenol is approved to take.**
- If you take Plavix (clopidogrel), Eliquis, Xarelto, Brilinta; you will need to speak with your prescribing provider to ensure this medication can be held for the procedure and also ask how many days prior to procedure that it needs to be held. **We prefer these medications to be held for 5 days before the procedure. If your prescribing provider does not recommend these medications to be held for you, please contact our office before the day of your procedure.**
- If you take Coumadin (warfarin, Jantoven) you will need to check with your prescribing provider to ensure this medication can be held. You will be required to get a PT INR drawn the day before or the morning of the procedure. Please bring those results with you. **If your prescribing provider does not recommend these medications to be held for you, please contact our office before the day of your procedure.**
- We will order an antibiotic prior to your procedure which you will start the day prior to your procedure and continue for 5 days after. You may discontinue the antibiotic 5 days after your procedure unless otherwise directed.
- If you get placed on an antibiotic (not prescribed by our office) please inform our office; we may have to reschedule.
- We will also order pain medication for you prior to the procedure and ask that you take it 30 minutes prior to your scheduled procedure time.
- We will also prescribe you Zofran, which is an anti-nausea medication. Some patients do experience nausea as a result of the pain medication, this is a precautionary medication to make you more comfortable for your procedure. We ask that you take this 30 minutes prior to your procedure.
- You can eat and drink prior to procedure; we recommend you eat something small the morning of.
- If you take medication for blood pressure control, be sure to take it prior to arrival. Please be aware, if your blood pressure is too high, we may have to reschedule.
- You will need a ride to the office and home from the office.
- **Rest** when you get home and use **ice** as needed for pain.
- Further instructions will be provided, as necessary, after your procedure.