

WHAT TO EXPECT: Vertebroplasty / Kyphoplasty



FIS Evaluation Clinic Located at TGH

All patients are first evaluated at our outpatient clinic at Tampa General Hospital (TGH) in the Harborside Building located at 5 Tampa General Circle, 8th Floor, Suite 820, Tampa, FL 33606. We are in the same office as FACT (Florida Advanced Cardiothoracic Surgery). Valet parking is offered in front of the Harborside Building and self-parking is always available in the parking garage. **(See Map on Page 3)**

What to Bring to Your Evaluation

On the day of your evaluation, please bring all of your imaging (CT/MRI/X-rays) and blood tests results if they were not performed at TGH. We prefer imaging on CDs for our later review. If your family doctor has treated you for this problem, please request that they fax your records to our office at (813) 844-4032 prior to your evaluation. **If we do not receive your medical records prior to or on the day of your appointment we will have to reschedule.**

Evaluation Appointment

During the clinic visit we will review your imaging, medical history and overall health. We will discuss the risks and benefits of the procedure and the expected post-operative course and follow-up. Most vertebral fractures are amendable to vertebroplasty but we prefer to review your medications and history prior to the procedure. If for some reason we cannot schedule you at that time, the scheduler will call you soon after your evaluation to schedule your procedure.

FIS Procedure Clinic Located at TGH

Our Procedure Clinic Registration is also located at TGH in the Bayshore Pavilion Area K, take elevators to the 3rd floor and precede to the 3K Registration Desk. Valet parking is offered for a small fee on the day of your procedure in front of the Main Entrance and self-parking is always available in the parking garage. **(See Map on Page 3)**

Preparation for the Day of Your Procedure

We ask that you DO NOT eat anything after midnight on the night prior to your procedure or at least 6 hours prior to your procedure. Eating breakfast will force us to delay your procedure as we cannot give you anesthesia safely if you have eaten within 6 hours. **We ask all patients to arrive two hours prior to their scheduled procedure and report to the 3rd floor of the Bayshore Pavilion.** Again our procedure clinic is in the Bayshore Pavilion and after you are registered on the 3rd floor, you will be directed to a private preoperative room. Blood tests are performed as soon as you arrive to assure you are well enough to undergo the procedure.

Evaluation Clinic Location: 5 Tampa General Circle, 8th Floor, Suite 820, Tampa, FL 33606

Procedure Clinic Location: 1 Tampa General Circle, 3rd Floor, 3K Registration, Tampa, FL 33606

Scheduling (813) 844-4570

After Hours (813) 681-0464

Fax (813) 844-4032

Medications Administered

Prior to your procedure you will be pretreated with nausea and pain medication. During the procedure these medications are given as well as “conscious sedation”, otherwise known as “twilight sedation”. We do not typically utilize general anesthesia as these procedures are fairly quick, 15-30 minutes, and the risks of general anesthesia typically outweigh the procedure itself.

Vertebroplasty Procedure

A needle is inserted into the back through a nick in the skin, directing it under fluoroscopy (continuous, moving X-ray imaging) into the fractured vertebra. A medical-grade bone cement is injected into the vertebra. Vertebroplasty takes from one to two hours to perform depending on how many bones are treated. The cement hardens within 15 minutes and stabilizes the fracture, like an internal cast.

Post Procedure

After the procedure you will receive additional pain and nausea medication and transferred to our post-operative care area. Once in your post-operative room, you will be asked to lie still for 1 hour. We will then try to sit you up in the bed and have you walk around to determine if your pain has improved.

Many patients have some residual pain for 2-7 days, but it typically improves every day after vertebroplasty. Fractures older than 3 months that were treated with Vertebroplasty tend to heal slower and the pain may never completely resolve. This procedure is performed to decrease the pain level to a point that elderly patients can still care for themselves and walk without severe pain. Although in most patients the pain completely resolves, some have mild residual pain for months after the fracture.

Follow-up Appointment

Follow-up appointment after vertebroplasty is typically between 2-3 weeks after the procedure. This visit is to assure the pain has returned to a manageable level. On occasion, patients have repeat fractures of adjacent vertebral bodies in the weeks to months following vertebroplasty, this appointment will also determine if there are signs of new fractures. If you are feeling well after the first follow-up appointment, we will often not schedule you for another appointment. Instead, we will offer our clinic phone number in the event your pain returns or you have symptoms of another fracture in the future.

***See Next Page for a Map of TGH**

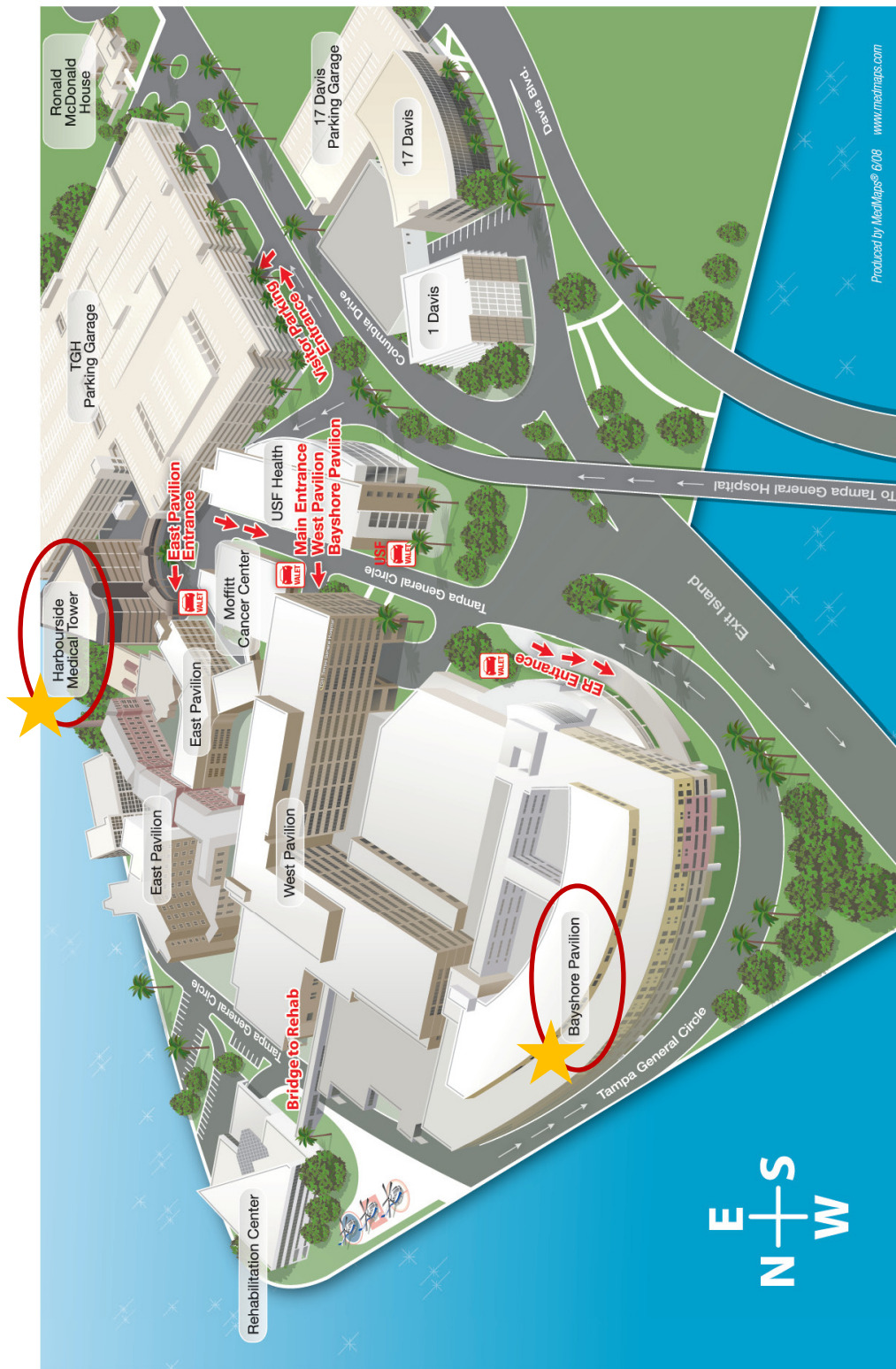
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1 Tampa General Circle • Tampa, FL 33606

Main Switchboard (813) 844-7000
Patient Information (813) 844-7443
PhysicianFinder Referral Service 1-800-822-DOCS
Web site www.tgh.org

Form #: 8422, Rev. 11/11/08

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