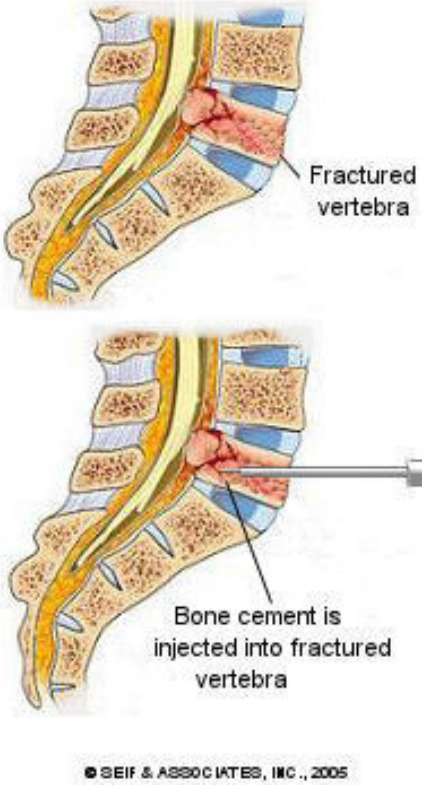
Vertebroplasty
Care After

A vertebroplasty is procedure that helps relieve pain caused by breaks (*fractures*) in the spine. A special kind of "bone cement" is put into the spine. The cement hardens quickly. It also helps the break stay in a steady state (*stabilizes*).



HOME CARE

- Rest in your bed (*bed rest*) as directed by your doctor.
- **Do not** lift things over 8 pounds (3.6 kilograms) for the next few days.
- Return to your normal routine as directed by your doctor.
- Only take medicine as directed by your doctor.
- Change bandages (*dressings*) as directed by your doctor.

GET HELP RIGHT AWAY IF:

- You are bleeding from the needle site.
- You have puffiness (*swelling*) or redness at the needle site.
- You are very sore near the needle site.
- Fluid (*pus*) is coming out of the needle site.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You have trouble breathing or you feel short of breath.
- You throw up (*vomit*).
- You feel sick to your stomach (*nauseous*).
- You have pain or cramping in your belly (*abdomen*). It will not stop.

If you go to the Emergency Room, tell the nurse that you had this procedure.

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