

***Dr John C.L. Sun Inc.***

**B.Sc., M.D., F.R.C.S.(C)**

**Neurosurgeon**

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CANADA

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***Balloon Vertebroplasty  
Patient Instructions***

***Wound Care***

Please keep the incision dry for 7-10 days following the operation. If you wish to shower, have someone tape Saran (plastic) wrap around the incision and take a brief shower. If the dressing is dirty or wet, remove and replace with a new one. Make an appointment with your Family Physician to assess the incision to ensure that there is no infection (redness with fever and chills) and remove any steri-strips, sutures or staples, 7-10 days following the operation. Please keep the incision dry for 24 hours after the steri-strips, sutures or staples have been removed. If you notice any fever, chills, incisional redness, yellow discharge or clear discharge seek immediate medical attention and contact Dr. Sun's office.

***Post-Operative Course***

You may notice immediate improvement in the pain at the site of fracture within a day of your procedure. Do not be concerned if there is no improvement as sometimes the improvement may take a few weeks or months.

***Activity***

You can progress your activity back to normal in a gradual fashion after surgery. You should start physiotherapy after 3 weeks. General stretching and core stability exercises are the focus. Avoid any exercises or stretching that causes significant discomfort and any high impact, awkward lifting or heavy lifting activities.

***Follow-up***

Dr. Sun will make arrangements for an appointment to see Dr Sun in his office in 2 to 3 months following the operation. His office will call you with the appointment time within 2 weeks after discharge.