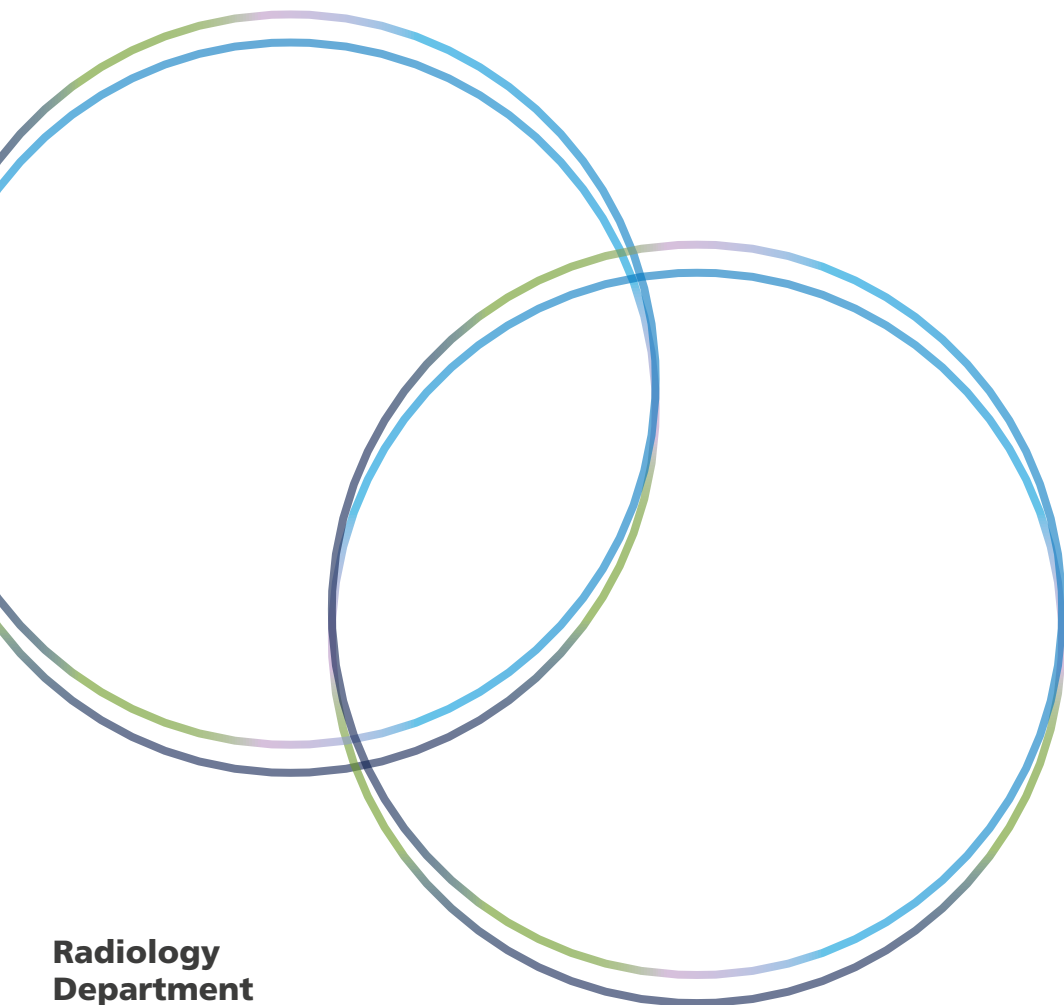
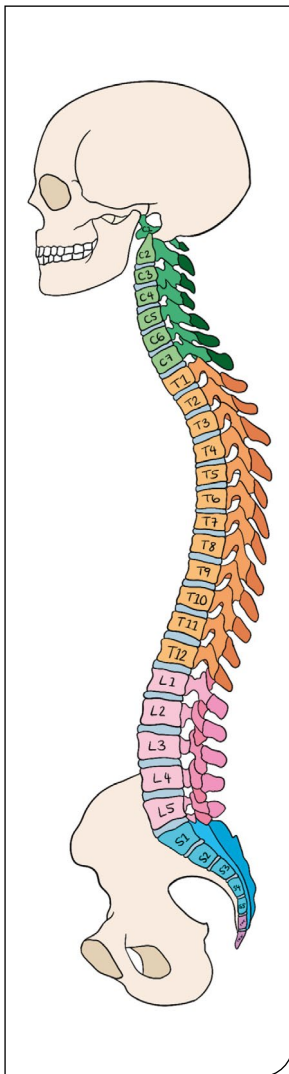


Discharge Information Vertebroplasty and Ablation

Information leaflet



Date:		Daycase <input type="checkbox"/>	Inpatient <input type="checkbox"/>
Consultant:			
Vertebroplasty	Level:		
Ablation	Level:		
Biopsy	Level:		



What to expect afterwards

Rest, take it easy and avoid strenuous activity for the next 48 hours. You may have pain, bruising and discomfort near/ around the vertebroplasty site. This should improve over the next 24 to 48 hours.

Please continue to take your regular painkillers until advised otherwise by your GP.

You should not drive for 24 hours after the procedure as your insurance may not be valid if you are involved in an accident.

Please ensure you have a responsible adult to stay with you overnight.

Wound care

Keep the wound site clean and dry for 24 hours post procedure to avoid infection – no bath/shower.

Steri-strips and dressings can be removed 4 to 5 days post procedure (dressing on top can be changed sooner if required, e.g. gets wet after a shower).

When can I resume my normal life?

This will depend on how soon you recover. You should be able to resume most normal activities of daily living within 24 hours depending on your pain levels.

When to seek help

Please contact your GP or 111 (out of hours) if you experience any of the following:

- Increasing back pain associated with fevers or lethargy.
- If the wound site presents increasing redness, feels hot or swollen/sore or is leaking fluid.

Please contact 999 if:

- You experience any new chest pain or shortness of breath.
- If you suddenly lose control of your bladder or bowel.
- If you have any new weakness or severe pain in your legs following the procedure.

Follow-up

The radiologist will send a report to your referring doctor following your procedure.

Please fill out the pain/symptoms diary over the next 2 weeks. This is so that the doctors can track whether the procedure has had an effect.

A follow up appointment with the Radiologist who performed your procedure will happen 6 weeks after your procedure.

If a biopsy was taken at the time, the results will be sent to your referring clinician. This usually takes around 10 working days.

Please use the addressed envelope provided to return your pain diary. You will need to put a stamp on it.

NOC Radiology contacts

Nurses Office

Telephone: 01865 738 205

Telephone: 01865 737 222

Admin Office

Telephone: 01865 738 189

Telephone: 01865 737 356

Radiology Department

Nuffield Orthopaedic Centre

Windmill Road

Oxford

OX3 7LD

Notes

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Nuffield Orthopaedic Centre
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Review: September 2027
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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