

**Hours of Operation**

Monday–Thursday,  
8 a.m.–5 p.m.

Friday,  
8 a.m.–4 p.m.

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## Kyphoplasty

### What is kyphoplasty?

Kyphoplasty is a variation of a [vertebroplasty](#) that attempts to stop pain caused by a bone fracture and restore the height and angle – [kyphosis](#) – of certain types of fractured vertebra. It is stabilized by injecting bone cement.

### How will it help me?

Kyphoplasty cannot correct an established deformity of the spine, and certain patients with osteoporosis are not candidates for this treatment. Patients experiencing painful symptoms or spinal deformities from recent osteoporotic compression fractures are likely candidates for kyphoplasty. The procedure should be completed within eight weeks after the fracture for the highest probability of restoring height.

### How is it performed?

During the surgery, a small incision is made in the back through which the surgeon places a narrow tube. Using fluoroscopy to guide it, the tube creates a path into the fractured area through the pedicle of the involved vertebrae.

Guided by x-ray images, the doctor inserts a special balloon through the tube and into the vertebrae, and then gently and carefully inflates it. As the balloon inflates, it elevates the fracture, returning the pieces to a more normal position. It also compacts the soft inner bone to create a cavity inside the vertebrae. The balloon is removed and the doctor uses specially designed instruments under low pressure to fill the cavity with a cement-like material called polymethylmethacrylate (PMMA). After injection, the pasty material hardens quickly, stabilizing the bone.

Kyphoplasty surgery for fracture from osteoporosis is performed at a hospital under local or general anesthesia. The procedure generally takes about one hour for each vertebra involved and patients are observed closely in the recovery room immediately following the kyphoplasty procedure. Patients may spend one day in the hospital after the procedure.

### Will it be painful?

The procedure is performed under a general anesthetic and there is no pain at all during the procedure. Basically people go to sleep, and when they wake up, the majority of them only have discomfort around the very small pencil-size incision.

### What are the risks and side effects?

Some general surgical risks apply to kyphoplasty, including a reaction to anesthesia and infection. Other risks that are specific to the procedure are rare but may include nerve damage or a spinal cord injury from malpositioned instruments placed in the back; nerve injury or spinal cord compression from leaking of cement into veins or epidural space; and allergic reaction to the solution used to see the balloon on the x-ray image as it