

## Spinal Compression Fractures and Kyphoplasty

### What is a spinal compression fracture?

It is when a section of the spine falls in onto itself.

### Why do they happen?

Accidents, falls, and other injuries usually cause spinal compression fractures. They can happen more easily when the spine is weak from cancer or bone disease. For people with weaker bones, normal movements like twisting, lifting a heavy object, or even coughing can cause a compression fracture. Sometimes, fractures happen without any known injury.

### What are the symptoms?

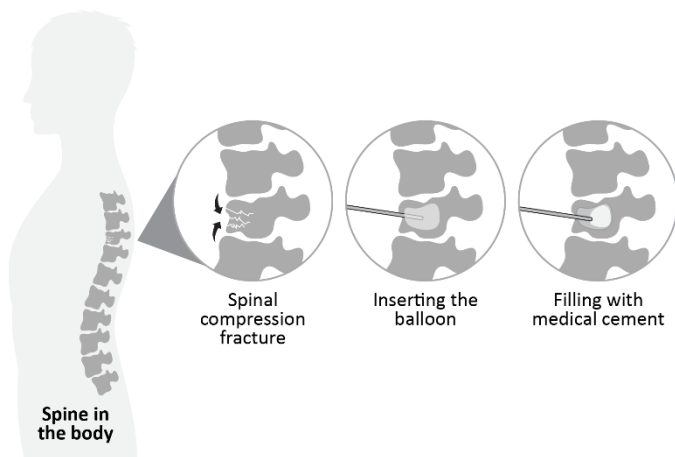
The most common symptom is severe upper or lower back pain. It is often described as aching or stabbing. Sometimes, compression fractures aren't painful.

### How are they treated?

If your spinal compression fracture is painful, your doctor will give you pain medicine and tell you to rest. If your pain is severe or does not get better, you may need a kyphoplasty.

### What is a kyphoplasty?

It is a surgery that can help with a painful compression fracture. Your doctor puts a special medical cement into the spine.



*Kyphoplasty*

### How is it done?

- Before your surgery, it is important that you do not eat or drink after midnight the night before your surgery.
- At your appointment time, go to the third floor of the Huntsman Cancer Institute Hospital. Turn left as you get off the elevator. Check in at the surgery desk. After you check in, a staff member will take you to a room where you will get ready for surgery.
- Your anesthesiologist will give you some medicine to help you go to sleep. You may get the medicine through an IV line in your arm or through your port, if you have one.
- The surgery happens in the operating room. You will be asleep. You will lie on your stomach. Your doctor will use x-rays to guide a needle to the fracture. First, your doctor will insert a small balloon through the needle and into the fracture. Then, your doctor will fill the balloon with medical cement. The cement gets hard quickly.
- Kyphoplasty usually helps with pain right away. When you wake up, your back should feel better.
- After your appointment, you will wait at the hospital for about an hour before going home. Your care team will watch for any problems and make sure you are OK.

### What are the side effects and risks?

After the surgery, you may have a little pain where the needle was. Your back may also be a little sore. You should feel better in a few days.

The chance of something going wrong is very small. But it is important that you know possible risks. These include bleeding, infection, and nerve damage.

### What if I still have pain?

If kyphoplasty does not help your pain, please let us know.

### Supportive Oncology and Survivorship Clinic

Scheduling Line: 801-213-4266 • Nurse Line: 801-585-0157