

**Surgery Center of Pinehurst  
Dr. Williams  
Kyphoplasty Discharge Instructions**

Please notify Pinehurst Surgical or proceed to the Emergency Room if you experience any fever, chills, wound drainage, difficulty breathing or swallowing or any other signs of distress.

You may have soreness for the first few days after the procedure. Apply ice to the area. Pain medication may be needed.

You may shower 48 hours after the procedure but do not scrub the incision site or allow the water stream to hit directly upon the incision.

Remove the bandage after the shower but leave the steri-strips open to the air. Please do not submerge your back in a hot tub, bath or pool for 2-3 weeks.

You may take frequent walks.

No lifting, pulling or pushing more than 5 pounds; no running, biking or impact activities until you follow up with the doctor.

Please do not drive while taking narcotic pain medications.

The triage number for post procedure questions is 910-215-2658.

If you were taking a blood thinner prior to the procedure, you may resume taking the medication tomorrow.

Follow up after the procedure should be in 3 weeks at Pinehurst Surgical Clinic.