



## Percutaneous Vertebroplasty (PV)

### What is PV?

PV is a procedure which involves placing a needle into a compressed and fractured bone and injecting a bone cement mixture into it.

### How does it help the pain?

By placing a self-hardening glue/cement compound into the fractured bone, movement of the fracture is minimized, and the fracture is allowed to heal.

### Who can benefit from PV?

Patients with spinal compression fractures who suffer from back pain can make good candidates for PV. Patients having a PV have often failed other conservative treatments including bracing, medications, or epidural steroid injections.

### What happens during the procedure?

An IV will be started prior to the procedure and you will be given medicine to make you feel sleepy. You will lie on your stomach and your back will be cleaned and draped with sterile dressings. The skin over the area is numbed and a needle is inserted into the compressed bone using x-ray

guidance. A small amount of polymethylmethacrylate (PMMA) is injected into center the compressed bone. The procedure takes approximately 30 minutes.

### What happens after the procedure?

You will be monitored in the office for 1 hour following the procedure. Rest is encouraged the day of the procedure and ice may be applied to the site of the injection. You may feel more discomfort over the next few days, however, your pain will generally improve within 1-2 weeks. You will be seen two weeks after the procedure for a follow up visit.

### What are the possible side effects?

As with any procedure, a small number of patients may experience side effects which will be explained in more detail by your doctor. A few potential side effects are listed below, however, the vast majority of patients experience no side effects at all.

- Bleeding
- Infection in the disc
- Nerve damage
- Lack of relief
- Localized pain

### What if I am taking blood thinning medications? (Eg., Coumadin, Plavix, Ticlid, Aggrenox):

Coumadin must be stopped 5 days before your procedure and you must have some laboratory studies taken immediately before your procedure (Eg., PT, INR). Your doctor may ask you to stop other medications before your procedure as well.

### Does the procedure hurt?

Because you will be slightly sedated, you may not remember the procedure. In addition, the area is numbed with local anesthetic before the procedure, thus most patients experience only modest discomfort.

### Will I have any restrictions?

Driving is not permitted on the day of the procedure. You should take it easy on the day of the procedure.