

Cardiac & Endovascular Center

Frequently Asked Questions (FAQ's)



Balloon Kyphoplasty

What is Balloon Kyphoplasty?

Balloon Kyphoplasty is a minimally invasive procedure that is used to stabilize spinal fractures, also known as vertebral compression fractures (VCF), and relieve their associated pain.

Multiple spinal fractures can cause your spine to shorten and angle forward, resulting in a stooped posture or hunched back. This curvature of the spine (kyphosis) makes it difficult to walk and conduct the normal activities of daily life.

What do you need to do before having this procedure?

Prior to having this procedure you will have diagnostic studies, such as an x-ray, MRI, CT scan or bone scan to determine the exact location of the fracture.

What happens during the Balloon Kyphoplasty?

Balloon Kyphoplasty can be done under local or general anesthesia. An Interventional Radiologist, or other spine specialist, using a needle will create a small pathway into the fractured bone. A small orthopedic balloon is guided through the needle into the vertebra. Next, the balloon is carefully inflated under imaging guidance, deflated, and then removed.

This creates a cavity into which, bone cement may be applied to support the surrounding bone, prevent further collapse, and relieve pain. This procedure is generally done on both sides of the vertebral body.

This procedure typically takes about one hour per fracture level, and may be done on an outpatient basis.

What should I expect after this procedure?

You will be encouraged to increase activity as tolerated. You will have a follow-up appointment with the physician who performed the kyphoplasty 10 to 14 days after the procedure.

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To schedule an appointment call (781) 979-3999.



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