

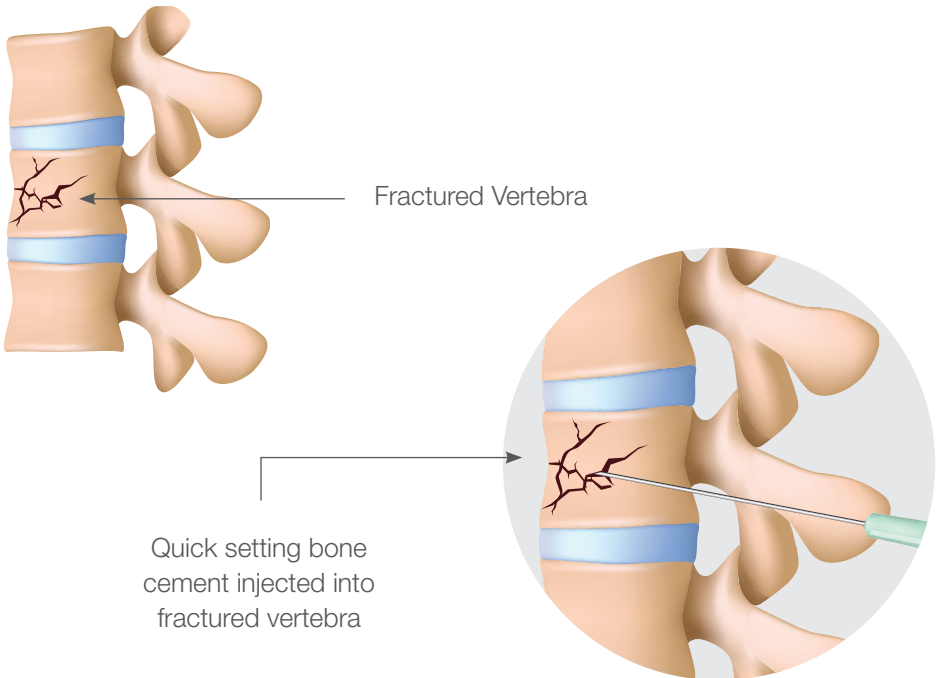
# Vertebroplasty



The Department of Radiology provides a comprehensive range of imaging services, both diagnostic and image-guided interventional procedures to diagnose and treat many medical conditions. Using advanced imaging equipment, our qualified and experienced radiologists and radiographers perform a variety of examinations, from basic X-rays to more complex MRI and CT scans.

## What is Vertebroplasty?

Vertebroplasty is a procedure to stabilise compression fractures in the spine. Bone cement is injected into the back bones (vertebrae) which have cracked or broke, that are often a result of osteoporosis. After vertebroplasty, the cement hardens to stabilise the fractures and support the spine.



## What can I expect?

- You will need to change into a hospital patient gown.
- Lying on a couch facing down, a radiographer will position you for the scan.
- It is important to refrain from moving once you are positioned.
- You will be treated with local anaesthesia and conscious sedation.
- A biopsy needle is guided into the fractured vertebrae under X-ray guidance through a small puncture in your skin.

- The physician then injects the medical—grade bone cement into the vertebrae. The needle is removed and the cement hardens within 15 minutes to stabilise the fracture similar to an internal cast.
- The small skin puncture is covered with a bandage.
- Shortly after the cement has hardened, you are free to go home on the same day. You are advised not to drive yourself home that day. Bed rest is usually recommended.
- You may gradually return to normal activities and consume your regular medications. You may experience some soreness in the next few days at the puncture site. This can be relieved with an ice pack.
- Complications are rare but may include infection, bleeding, numbness/tingling, increased back pain, and paralysis. Other risks include cement extrusion into the vertebral canal leading to spinal cord or nerve root compression, venous embolism (a blood clot forming in the vein), pulmonary embolism (one or more blood clots blocking an artery in the lungs), and risks of anaesthesia.

## How long is the procedure?

- Depending on the severity of the fracture, a typical vertebroplasty procedure lasts around one hour. More complex procedures may take longer.

## How should I prepare?

### One week before the procedure

- Some blood samples will be taken from you for the procedure

### One day before the procedure

- You will need to fast for six hours before the procedure.
- Avoid driving.
- Medical conditions like diabetes, hypertension or anticoagulant (blood thinning) therapy need to be managed before the vertebroplasty procedure.



### After the procedure

- You may continue to take your regular pain medications.
- You should be able to perform the activities that you could do before the vertebroplasty and possibly more.

### Important points to note

- Please inform the radiographer if you suspect that you may be pregnant.
- Please be punctual. Any delay will affect the scheduling of other patients, and your appointment may need to be rescheduled.
- Please inform the Radiology department at 6716 2184/6716 2001 if you are unable to keep the appointment.

## Appointment

Name:

Age:

Sex:

Examination:

Fee (estimated):

Appointment Date:

Appointment Time:

Referring SOC:

**Venue:** Radiology Department (Tower B), Ng Teng Fong General Hospital

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606  
General enquiries: 6716 2000 Fax: 6716 4500  
www.juronghealth.com.sg

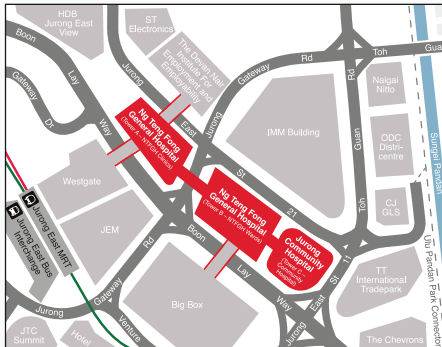
#### Clinic opening hours

Monday – Friday 8.00am – 5.30pm,  
Saturday 8.00am – 12.30pm  
Dental clinic: Monday – Thursday  
8.00am – 5.30pm, Friday 8.00am – 5.00pm

#### Appointments

Appointment line: 6716 2222 (Monday – Friday  
8.00am – 5.30pm, Saturday 8.00am – 12.30pm)  
Dental appointment line: 6716 2233  
(Monday – Thursday 8.00am – 5.30pm,  
Friday 8.00am – 5.00pm)

#### Getting there



#### By train

Jurong East MRT Station

#### By bus

##### From Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79,  
79A, 97, 97E, 98, 98M, 105, 143, 143M,  
160, 183, 183B, 197, 333, 334, 335, 506

##### Along Boon Lay Way

99, Private bus service 625, 990

### Jurong Medical Centre

60 Jurong West Central 3,  
Singapore 648346  
General enquiries: 6551 7888 Fax: 6551 7880  
www.jmc.com.sg

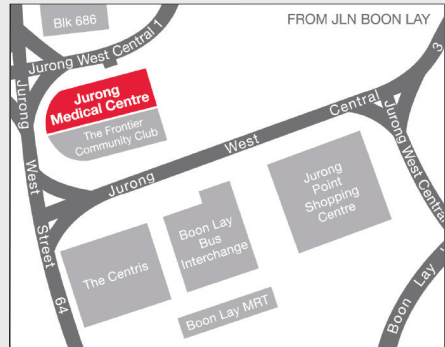
#### Clinic opening hours

Monday - Friday 8.00am - 5.30pm,  
Saturday 8.00am - 12.30pm  
Dental clinic: Monday - Friday 8.00am - 5.30pm

#### Appointments

Appointment line: 6551 7828 (Monday - Friday  
8.00am - 5.30pm, Saturday 8.00am - 12.30pm)  
Dental appointment line: 6551 7700  
(Monday - Friday 8.00am - 5.30pm)

#### Getting there



#### By train

Boon Lay MRT station

#### By bus

30, 79, 154, 157, 172, 174, 178, 179,  
180, 181, 182, 187, 192, 193, 194, 198,  
199, 240, 241, 242, 243 W/G, 246, 249,  
251, 252, 254, 255, 257, 405

#### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

