



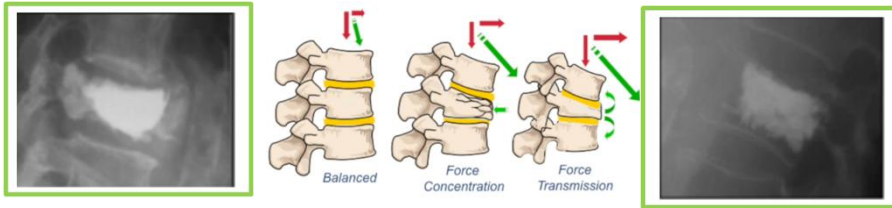
Dr. Shankar Acharya

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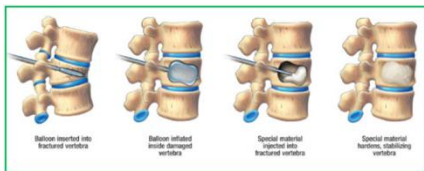
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KYPHOPLASTY AND VERTEBROPLASTY: ADVANCED TREATMENTS FOR SPINAL FRACTURES

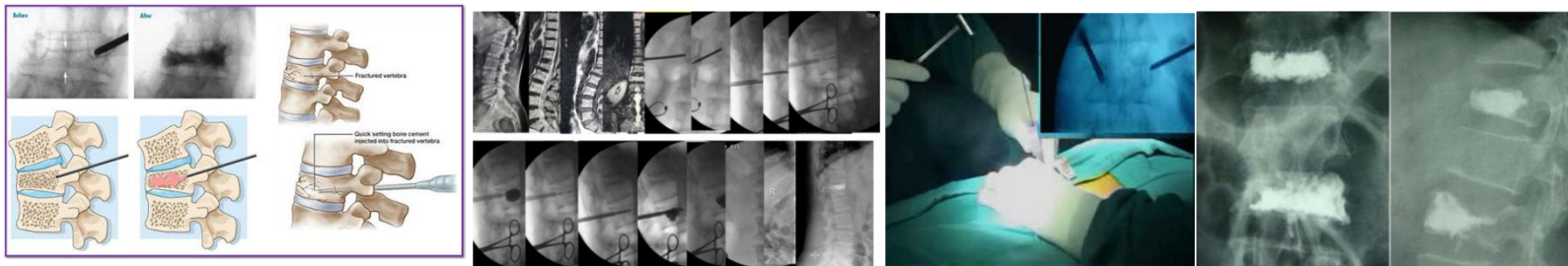
Spinal fractures can cause severe back pain and limit your ability to move or perform daily tasks. Kyphoplasty and vertebroplasty are minimally invasive procedures that help treat these fractures, especially those caused by conditions like osteoporosis, cancer, or injuries. These advanced treatments aim to reduce pain, stabilize the spine, and restore normal activity.



1. **Kyphoplasty:** This procedure involves gently inserting a balloon into the fractured vertebra (spinal bone). The balloon is inflated to create space, which is then filled with a special bone cement. This helps restore the height of the vertebra and corrects any abnormal curvature of the spine.



2. **Vertebroplasty:** In this procedure, bone cement is directly injected into the fractured vertebra without using a balloon. The cement hardens quickly, stabilizing the bone and relieving pain.





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Benefits of Kyphoplasty and Vertebroplasty

- **Quick Pain Relief:** Many patients feel significant pain relief within hours or days.
- **Minimally Invasive:** The procedures are performed through small incisions, reducing recovery time.
- **Improved Mobility:** Patients can return to their normal activities much sooner.
- **Spinal Stability:** The cement strengthens the fractured vertebra, preventing further collapse.
- **Short Recovery:** Most people go home the same day or the next day.

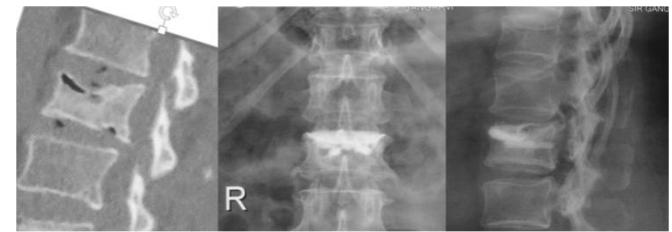
Recovery After Kyphoplasty or Vertebroplasty

- You may feel some soreness at the injection site for a few days, but this usually resolves on its own.
- Most patients can walk and resume light activities the same day or the next day.
- Your doctor may recommend physiotherapy or lifestyle changes to strengthen your spine and prevent future fractures.

Who Needs Kyphoplasty or Vertebroplasty?

These treatments are recommended for people experiencing:

- Severe back pain caused by vertebral compression fractures.
- Fractures from conditions like osteoporosis, spinal tumors, or traumatic injuries.
- Limited mobility due to spine fractures.
- No relief from pain with medications or other conservative treatments.



How Are the Procedures Performed?

1. **Preparation:** The patient is given local anesthesia or mild sedation.
2. **Procedure:**
 - For kyphoplasty, a thin tube with a balloon is inserted into the fractured bone. The balloon is inflated and then removed, leaving a cavity that is filled with bone cement.



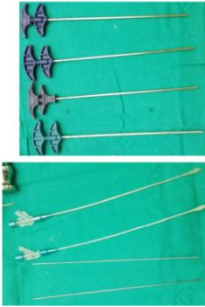
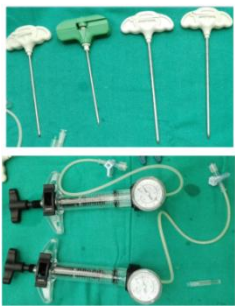
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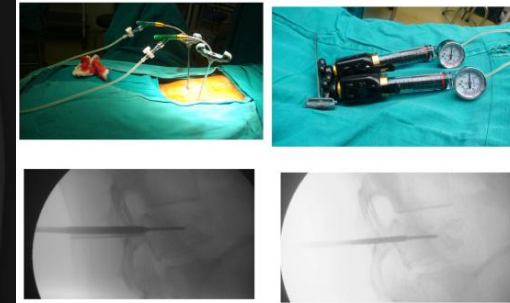
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- For vertebroplasty, bone cement is directly injected into the vertebra.
- 3. **Completion:** The cement hardens quickly, stabilizing the bone. The entire procedure typically takes about an hour per fracture.

Instruments



KYPHOPLASTY



Risks and Precautions

Both procedures are generally safe, but like any medical treatment, they come with minor risks, such as:

- Infection.
- Bleeding.
- Cement leakage.

Dr. Shankar Acharya ensures these risks are minimized with his expertise and advanced techniques.



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Why Choose Dr. Shankar Acharya?

With over 30 years of experience as a senior spine surgeon and chairman of the Spine Surgery Department at Sir Gangaram Hospital, New Delhi, Dr. Shankar Acharya has successfully treated numerous patients with spinal conditions. His expertise in kyphoplasty and vertebroplasty ensures you receive the best care tailored to your needs.

If you or your loved one is suffering from a spinal fracture, don't let the pain control your life. Consult Dr. Shankar Acharya for advanced and compassionate spine care.



SIR GANGA RAM HOSPITAL *Trust of Generations*

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Official Website

www.SpineSurgeonInIndia.com