



SPINAL CORD STIMULATOR IMPLANT

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



ACTIVITY

Rest up today and resume normal activity tomorrow.

NO chiropractic care or heavy lifting.

AVOID high impact, reaching or bending activities.

DO NOT have an MRI, defibrillation or electrocaudery.



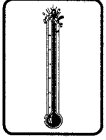
SPECIAL CARE AND INSTRUCTIONS

This implant device is for the management of refractory pain. It produces mild electric shocks in precise areas to interrupt the pain signal to your brain.

Leads: The SCS lead will be connected to an extension lead. This extension lead will be tunneled under the skin and connected to the implantable programmer. The programmer is implanted either in your abdomen or buttocks area. You may have bruising along this area and it may be painful. It will take 4-8 wk. for the leads to scar in place and stabilize placement.

Wound Care: You will have internal sutures that are dissolvable and your incision line will be covered by a skin glue called Dermabond. This will come off on its own in about 5-7 days. You may shower in 24hr. and pat the incision dry. **DO NOT** submerge in a bathtub or pool for 3 wk. or until incision line is completely healed.

Please call for a follow up appointment at the clinic for 4 wk. We will help with the programming and adjustment of the electrical stimulation to optimize your pain relief.



INFECTION

Watch for any sign of infection after surgery: Call immediately if any drainage, fever, chills, increased pain, redness, or swelling.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for
"Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon)

Call 911 if you have chest pain or shortness of breath