

VAGAL NERVE 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 today and slowly resume your normal activity as tolerated tomorrow.



SPECIAL CARE AND INSTRUCTIONS

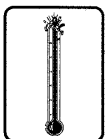
Incision Wound Care: You have internal sutures that are dissolvable and your incision line will be covered by a skin glue called Dermabond. This will come off on its own in about 5-7 days. You may shower in 24 hr. and pat the incision dry. Do **NOT** submerge in a tub or swimming pool for two wk. Do **NOT** apply ointments, creams, alcohol or hydrogen peroxide to your incision.

Pain Control: You may take Ibuprofen or Tylenol as needed for pain. For stronger pain you may be given a narcotic prescription. Your pain should subside in 2-3 days.

Side Effects: You may experience some side effects which include: voice changes (hoarseness when it pulses), bradycardia, sleep apnea, increased cough, difficulty swallowing, prickly sensation of the skin at the site, or sore throat.

Precautions: You may **NOT** have a body MRI. You should **NOT** have diathermy, or radiofrequency ablation procedures. You should avoid strong magnetic or electrical fields.

Follow up: Follow up with your neurologist or psychologist as scheduled for programming of your stimulator.



INFECTION

Watch for any sign of infection after surgery: fever, chills, drainage, 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