



UVA PAIN MANAGEMENT PERMANENT IMPLANTED NEUROSTIMULATOR

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.
- Drink plenty of fluids (water or juice). If you drink a caffeinated drink, make sure you also drink a glass of water; this will help prevent dehydration.



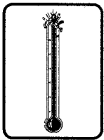
ACTIVITIES AND RESTRICTIONS

- **DO NOT** twist or bend your body or lift objects over your head (raise your arms) for the first 6 wk.
- If issued an abdominal binder or cervical collar wear it all day(24/7) as much as possible. **DO NOT** stop wearing your binder /collar until you are instructed to do so by your surgeon or one of his associates. **DO NOT** throw away your binder/collar. You may hand wash and line dry when not in use.
- Your incisions will be sore and you should use your pain medication for discomfort. You may sleep without your binder.
- We encourage you to do some light walking during your recuperation. Movement will help with your circulation, bowels, and lungs and this will help you heal better.
- You may shower starting _____
- **DO NOT** tub bathe or submerge in a pool for three wk. or longer; until the wounds are fully closed and healed.
- **DO NOT** have an MRI scan or diathermy. A Cat scan or ultrasound is allowed however.
- Keep a current Medication list with you at all times including your Neurostimulator I.D. card.



SPECIAL CARE NEEDED

- Please report any signs or symptoms of a persistent headache that is associated with extreme nausea. These symptoms are worse when you stand up and usually decrease when you sit or lie down.
- Keep your incisions/wounds covered with clean and dry bandages until your follow up appointment.
- The UVA Pain Management Center will contact you after your discharge to arrange a follow up appointment (7-10 days). If you do not receive a call from the center by the 2nd day, please call the nurse line and leave a message (434) 243-9164
- During the trial phase, you will meet with the Stimulator Representative at the Pain Management Center at Fontaine to have your stimulator adjusted.
- You will receive a permanent identification card from Medtronic in approximately 4-6 wk. Please review the information and make sure it is correct. **Keep your I.D. card with you at all times.** We recommend purchasing a Medic-Alert bracelet with your neurostimulator information on it. (www.medicassist.net)



INFECTION

Watch for any sign of infection after surgery: a fever higher than 102.5 degrees, chills, increased pain, redness, drainage or swelling.



WHEN TO CALL YOUR DOCTOR

*Call 434-924-0000 for after hours, holidays and weekends. Ask for "**Fellow on call**" for The Acute Pain Service **IF:***

- There are signs of infection as above
- No urine output eight (8) hours after surgery
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon)
- New neurological changes such as new weakness, numbness or loss of bowel or bladder control.

UVA Pain Management Center office hours are 8 am to 4:00 pm Mon-Fri. Call (434) 243-9164 or 1-800-251-3627 and leave a message for Dr. Goldstein, Dr.Vorenkamp or Nurse Coordinator Julia Roller if you have questions or concerns.

Call 911 if you have chest pain or shortness of breath