



## UVA PAIN MANAGEMENT SPINAL CORD STIMULATOR TRIAL

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, juice). If you drink a caffeinated drink, make sure you also drink a glass of water. This will help prevent dehydration.



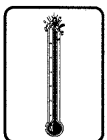
### ACTIVITIES AND RESTRICTIONS

- During the week of your trial implant, you will meet with the Stimulator Representative and a Dr. at the UVA Pain Management Center on Wed. (2 days after) and Friday (4 days after) to adjust/reprogram your stimulator. Please confirm the times immediately after your procedure at the hospital.
- **DO NOT** twist or bend your body or lift objects over your head (raise your arms) during this week. We encourage you to some light walking during your trial period. We want you to follow your normal routine at home and to use the stimulator to help with your pain.
- **DO NOT** shower during the week of your trial and absolutely **NO TUB BATHS**. You may wash yourself using water from the sink. Do not wash the area where the wires enter your back.
- Turn **OFF** the stimulator when you wash.



### SPECIAL CARE NEEDED

- Keep the surgical dressing secure on your back. It is normal for it to ooze a small amount of fluid.
- After 5-7 days we will remove the leads from your back and decide on the optimum plan for you. Please be honest with your answers about pain relief from the stimulator.
- **DO NOT** drive during your trial week.



### INFECTION

Watch for any sign of infection after surgery: **fever greater than 101.5, chills, increased pain, redness, or swelling.**



## **WHEN TO CALL YOUR DOCTOR**

*Call 434-924-0000 for after hours and wk.end hours and ask for the "**Fellow on call**" for the Acute Pain Service.*

### **IF:**

- Your wires come out or become disconnected or broken.  
**Immediately** turn **OFF** your system if this happens.
- **IF** You have any signs or symptoms of a spinal headache such as extreme nausea, persistent headache that becomes better when you sit or lie down but worsens if you stand up
- 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)

**UVA Pain Management Center office hours 8 am to 4 pm Mon-Fri.**

**Call (434) 243-9164 or 1-800-251-3627 and leave a message for Dr. Goldstein, Dr.Vorenkamp or the Nurse Coordinator Julia Roller if you have questions or concerns.**

**Call 911 if you have chest pain or shortness of breath**