



Spinal Cord Stimulator Implantation Discharge Instructions

Tel: 571-732-0044

1. CALL YOUR PHYSICIAN FOR:

- a. Fever > 100 degrees or severe chills/sweats.
- b. Excessive bleeding or draining at incision sites.
- c. Area surrounding incisions become red or warm to touch.

2. Only if advised by your physician, change the dressing over incision sites daily with dry, sterile, gauze.

3. Keep the incision clean and dry – no shower or bath for 72 hours.

4. A post-operative follow-up will be scheduled by the IPRMS staff within 10 to 14 days.

5. Avoid strenuous activity and heavy lifting for greater than 16 weeks. Don't raise your arms over head or bend at the waist. Don't lift anything heavier than a gallon of milk. Don't vacuum, lift groceries, walk the dog, etc. until approved by your doctor.

6. Expect to need reprogramming of the spinal cord stimulator periodically during the healing process. This is due to the normal scarring of the leads.

7. You are advised to avoid security metal detectors moving forward. It is advised that you carry your temporary medical ID card until your permanent card arrives in the mail from the medical device company.

8. This is an implanted medical device, you should let your health care providers know about the medical device, especially in the event you need antibiotic coverage prior to certain medical procedures.

9. Your medical device may be MRI eligible/compatible. Please consult your medical device representative prior to scheduling any imaging procedures.

10. GENERAL ANESTHESIA OR SEDATED PATIENT INSTRUCTIONS:

- a. Do not drive a vehicle or use heavy equipment for 24 hours.
- b. Do not make important personal or business decisions or sign legal documents for 24 hours.
- c. Rest and minimal activity for 24-48 hours is advised.
- d. Avoid strenuous exercise, heavy lifting and excessive social activity until your physician gives you permission.
- e. Advance your diet with liquids and slowly return to solid foods as tolerated. Avoid alcoholic beverages for greater than 24 hours.