



Spinal Cord Stimulation Trial Discharge Instructions

Tel: 571-732-0044

1. CALL YOUR DOCTORS OFFICE FOR:

- a. Fever > 100 degrees or severe chills/sweats.
- b. Excessive bleeding or drainage at the lead insertion sites.
- c. Redness or warmth at the lead insertion sites.

2. Only if advised by your physician, reinforce the dressing over the lead insertion sites as needed.

3. Keep the dressing site clean and dry – no shower or bathes for the length of the trial, until the leads are removed.

4. A post-procedure follow-up will be scheduled by the IPRMS staff within 5-7 days for temporary lead removal.

5. Avoid strenuous activity and heavy lifting during the trial. Don't raise your arms over head or bend at the waist. Avoid twisting and turning activities. Don't lift anything heavier than a gallon of milk. Don't vacuum, lift groceries, walk the dog, etc. due to a risk of lead movement and loss of stimulation coverage.

6. Reprogramming of the spinal cord stimulator may be necessary during the trial. This is due to minor lead movement which can occur at the temporary lead anchor site(s).

7. The medical device representative (MDR) will contact you daily during the trial to assess the quality of the trial and determine whether a in person office visit for reprogramming may be necessary. It is imperative that you communicate daily with the MDR who will then update your physician regarding your experience.

8. Permanent spinal cord stimulator implantation criteria: 1) targeted pain relief greater than 50% during the trial, 2) improved activity tolerance, and 3) potential reduction in oral pain medication.

9. Please consult your medical device representative during the trial for technical questions regarding the use of the trial equipment and consult your IPRMS staff regarding any medical questions that may arise.

10. 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.
- f. Additional instructions:

I HAVE READ AND UNDERSTAND THESE INSTRUCTIONS

Signature of Witness/Date

Signature of Patient/Responsible Adult

10SEP2021