



Spinal Cord Stimulation Trial Education

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A spinal cord stimulator is a device used to direct pulsed electrical signals to the spinal cord to help reduce chronic pain. Further applications are in Dorsal Root Ganglion (DRG) stimulation. Spinal cord stimulation (SCS), in the simplest form, consists of stimulating electrodes, implanted in the epidural space, an electrical pulse generator, implanted in the upper gluteal or buttock region. SCS has notable analgesic properties and, at the present, is used mostly in the treatment of failed back surgery syndrome, complex regional pain syndrome and chronic pain of the trunk and limbs.

Successful outcomes are ensured by observing and adhering to careful patient selection criteria. Patient's typically do best when their pain is neuropathic and non-migratory, when there is limited chemical dependence and when there is minimal psychological overlay associated with their pain. Patients are screened over several days with test leads to determine if proper paresthesia coverage and pain relief are achievable. The parameters of electrical stimulation are externally set by a programmer and are tailored to the needs of the individual patient.

After thorough evaluation of your condition, your doctor has recommended you undergo a spinal cord stimulation trial. This is an outpatient procedure performed at the IPRMS Arlington, VA office as well as Virginia Hospital Center.

It is important that you adhere to the following pre-procedural instructions to reduce clinical risk during the spinal cord stimulation trial.

Pre-operative Instructions:

- Nothing to eat or drink after midnight the day of the procedure
- Please make sure your driver is always present
- Please notify the physician if you are on blood thinning medications, as these medications may need to be held prior to your procedure, during and after.

I HAVE READ AND UNDERSTAND THESE INSTRUCTIONS

Signature of Witness/Date

Signature of Patient/Responsible Adult