



34020 WEST 7 MILE ROAD, SUITE 101, LIVONIA, MICHIGAN 48152

T) 248-516-5016, F) 248-517-5017

TODAY'S PROCEDURE: Spinal Cord Stimulator Trial

Follow up: in 5 days for lead removal

1. If you received IV sedation with the procedure, your reasoning, coordination, and reflexes are decreased.

Therefore:

A. You must not operate a vehicle or use machinery/appliances for twenty-four (24) hours.

B. Avoid making critical decisions for twenty-four (24) hours.

C. No alcoholic beverages for twenty-four (24) hours.

2. Return to your usual diet.

3. Resume all preoperative medications. EXCEPT DO NOT RESTART NSAIDS for 24 hours

4. Keep dressing dry and intact for 24 hours.

5. Contact your physician if you notice bleeding or drainage from the puncture site, unusual redness or swelling around the site, new persistent pain, fever above 100 degrees F.



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SPECIAL INSTRUCTIONS:

- Initial programming of your spinal cord stimulator (SCS) will be done in the recovery area, you will receive instructions on how to use your remote control and external battery. Continue to use your spinal cord stimulator according to instructions.
- If you are prescribed an antibiotic, Take the prescribed antibiotic until the prescription is completely finished to reduce the chance of developing infection.
- Keep site clean, dry and intact. You must not shower or get the bandages wet during the trial.
 - Do not allow wires to get caught on anything and pulled.
 - Do not bend, twist, stretch, far-reaching, pulling, sudden movement or lift objects over 5 pounds or awkward positions of the mid- and lower-back.
 - limit raising arms above your head
 - Do not sleep on your stomach
 - Do not climb too many stairs or sit for long periods of time
 - Postpone sexual activity until after the trial.
 - You may not drive during the trial.
- If you have any change in your bowel or bladder control, have increased numbness, tingling or weakness in your feet, severe leg or arm pain, please contact the office or go to the nearest emergency room.
- Please call the office if you experience signs/symptoms of an infection: redness, swelling, drainage, fever (over 100.5) or increased tenderness at insertion site. If you cannot reach the office, please proceed to nearest emergency room.
- If you develop a headache, maintain bed rest, increase fluid and caffeine intake. If headache persists, please call the office. If you cannot reach the office, please proceed to nearest emergency room.



Enhance Center

Interventional Spine & Sports

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Patient Instructions: Post Procedure Fall Precautions

After Your Procedure

Always have a way to call for help. If you have a cell phone or portable phone, keep it with you at all times for the next 12 hours.

- Keep a phone next to your bedside or area where you rest post-procedure.
- Keep a list of emergency numbers near the phone.

To Get Up from Bed

- Clear bed sheets from your feet.
- Move to the edge of the bed and roll onto your side. Push yourself up with your hand.
- At the same time, swing your legs over the side of the bed.
- Sit on the edge of the bed for at least 30 seconds before standing up.
- With both feet firmly on the floor, put your hands beside you on the bed and slowly push yourself up.

Get Help to Move Around

- Take your time getting up at home and if needed, ask someone to help you.
- Sit up slowly and with help.

Keep Things Within Reach

- Keep the things you use often within easy reach, like tissues, remote control, snacks and drinks.

What to Do If You Fall

- Above all try to stay calm
- If you start to fall, try to relax your body. This will reduce the impact of the fall.
- Call family member for assistance.
- Don't rush to get up. First, make sure you're not hurt.
- Be sure to get checked by your healthcare provider for any injuries.

Using Curbs and Stairs

- Curbs, steps, or uneven pavement can trip you. Take care when near them.
- Check the height of a curb before stepping up or down. Be careful with uneven and cut-out sections of curbs.
- Don't rush when crossing the street. Watch for changes in pavement height.
- On stairs, grasp the handrail and take one step at a time. If you ever feel dizzy on stairs, sit down until you feel better.