

SPINAL NEUROSTIMULATOR DISCHARGE INSTRUCTIONS

PROCEDURE:

The name of the procedure you just had is spinal stimulator insertion. This procedure was prescribed by your physician to collect valuable information as to the treatment of your pain. In some patients, this procedure may be painful, because the goal of the procedure is to have a trial before the placement of a permanent stimulator.

WHAT TO EXPECT:

If you experienced pain during the procedure, it may take several hours for the pain to subside or return to your baseline level. Some patients experience pain or soreness in the back or at the puncture sites that last up to a week. However, you would receive conscious sedation and local anesthesia to minimize the pain during the procedure.

If you think that the type of pain you are experiencing is out of proportion to the soreness or dull pain to be expected from the procedure, do not hesitate to contact us.

POST PROCEDURE MEDICATIONS:

You may resume your regular medication after the procedure is over. If adjustments are needed to cope with the expected post-operative pain or soreness, please contact your referring physician.

If you were not taking any medications regularly for pain control, the pain from the procedure itself can usually be controlled with over-the-counter pain relievers and the medications provided by us. Sometimes, a cold compress applied to the area of pain may help.

ACTIVITIES:

1. Do not drive for the remainder of the day. Also, avoid tasks that require concentration or quick reaction. Likewise, delay any important business or personal decisions for 24 hours. When driving, please ensure the stimulator is switched off.
2. Avoid strenuous activities, including, bending, coughing, swaying, and try to rest the affected area for the trial period.
3. Keep the area of the procedure and dressings dry for 7 days until you are seen in the follow-up clinic.
4. You can resume a light diet as tolerated in 3 to 4 hours.
5. Do not drink alcoholic beverages for 24 hours.
6. Please make an appointment with your physicians to discuss the results and possible therapeutic options.

WHAT TO LOOK FOR:

As the physician discussed with you at the time of obtaining consent, the main concern with stimulator trial is the possibility of a spine infection, osteomyelitis and lead migration. It is important that you detect any early symptoms that may indicate an infection. If you notice any of the following:

If you develop any of the following symptoms, please call the office at 518-487-4093/518-487-4095.

- A temperature of 100 degrees or higher
- Excruciating pain.
- Increasing weakness in the arm/leg
- Allergic reaction including itching or hives
- Redness, swelling, increasing pain, bleeding or discharge from the injection site
- Headache in the standing or sitting position which is fully relieved by lying down
- Loss of bowel and/or bladder control
- Sudden shortness of breath or chest pain if you have received a lower cervical thoracic block

* If you develop these symptoms after the normal working hours between 8:00 am to 4:30 pm, please contact the emergency department of Albany Memorial Hospital or any other hospital close by.