



DISCHARGE INSTRUCTIONS SPINAL CORD STIMULATOR TRIAL

ACTIVITY LEVEL

- Resume your pre-procedure level of activity. This is a *functional* trial; therefore, you must *function* and not stay in bed or in a recliner.
- ALWAYS have the trial stimulator unit in hand or attached to your belt whenever you are walking.
- Avoid activities that require lifting more than 10 pounds, bending at the waist, twisting, reaching overhead. Avoid strenuous activities as this may dislodge the stimulator lead. The use of slip-on shoes is suggested.
- _____

During this trial and/or while taking narcotic pain medication, under no circumstances should you be driving a car or operating heavy machinery.

Do not make any important decisions for 24 hours.

You may feel capable of performing these activities, but for your safety and the safety of others, they are strictly forbidden.

HYGIENE

YOU MUST KEEP THE SURGICAL DRESSING CLEAN AND DRY

- No tub bathing
- No showering.

Sponge bathing permitted with attention not to wet wound/dressing.

• _____

DIET

Resume your regular diet as tolerated.

MEDICATION

You may resume all of your preoperative medications (see exceptions below) unless otherwise instructed.

**Aspirin, aspirin containing products, non-steroidal anti-inflammatory drugs, antiplatelet drugs (Plavix, Ticlid, Aggrenox and anticoagulant drugs (Coumadin, Heparin) should NOT be resumed until after the stimulator lead is removed, unless you have been otherwise instructed.

PAIN

Soreness at the catheter insertion site in your back is to be expected.

Resume your previously prescribed pain medications.

- _____ may be taken as needed for pain.

Please call the office if you experience any of the following: fever (> 101.4 F oral), chills; severe back pain, drainage, redness, swelling at the procedure site; prolonged dizziness/lightheadedness (longer than 24 hours).

If you develop new weakness in your legs or arms and/or difficulty walking that is worsening, this may be a sign of a very serious complication that requires emergency treatment. Please proceed to the nearest emergency room without delay.

For any medical emergency please call 911 or proceed to the nearest emergency room.

If you have questions or problems, call the office at (973) 796-5216