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POST PROCEDURE INSTRUCTIONS SPINAL CORD STIMULATOR TRIAL

You have had an insertion of a temporary adjustable spinal cord stimulator. The purpose of this procedure has been to place a temporary stimulator to determine if you find relief from the trial of stimulation and if implantation of a permanent spinal cord stimulator could be considered as a treatment option. This procedure also included a local anesthetic which may cause temporary numbness at the implantation site or in your legs. This should wear off within several hours after the procedure.

The following information will help you over the next few days as to what you can expect.

- Please take it easy for the rest of today. If instructed, you may resume your normal daily activities.
- **DO NOT** drive a car for the remainder of today. When you resume driving, **the stimulator must be turned off while driving.**
- If you feel sore at the implant site, please use **ice (not heat)** on the area for the rest of the day. You may leave the ice on for up to 20 minutes at a time. The day after the procedure you may begin to use ice or heat to the implant site ... whichever provides the most relief.
- As long as your primary doctor has indicated no restrictions, you may take a mild pain medicine such as acetaminophen (**Tylenol**), ibuprofen (**Advil, Aleve, Nuprin, Motrin IB, etc.**) or aspirin, if needed.
- You may be given an oral antibiotic to take during the course of your SCS trial. This must be taken as prescribed.
- You will be sent home from the procedure with a percutaneous stimulator lead in your back. This lead will be covered with a sterile dressing.
- No showers during the trial period, "sponge" baths only. Implant site must remain dry. After the trial is over and the lead is pulled you may resume normal activity including showers.
- During the trial period do not lift more than five (5) pounds, no repetitive movements, no bending, twisting or reaching as this may cause the implant to shift in the epidural space resulting in suboptimal pain relief.
- Please keep a record of your pain level on a scale of 0-10 until you return to our office. **You can expect soreness at the actual implantation site for a couple of days. THIS IS NORMAL AND WILL GO AWAY.**
- If the area where the implantation was inserted becomes hot, red, swollen, or increasingly tender, or if you develop a fever with these symptoms, **please call our office immediately.**
- If you develop increasingly severe back pain, numbness or weakness of the legs, or loss of control of bladder or bowel functions, **please call our office immediately.**
- **If you are diabetic**, watch for elevations of your blood sugar. Follow up with or notify your primary care physician if the blood sugar does not seem to be returning to normal within one to two weeks after this procedure.
- You will be given an appointment to return to our office within one week of your trial to have the SCS lead(s) removed.
- If you have any questions about your procedure, please call our office (706) 425-2400.

INSTRUCTIONS FOR FOLLOW-UP:

 Patient Signature Date

FOLLOW UP OFFICE VISIT:

MEDICATION(S):

 Signature Date

Patient demonstrated understanding No Barriers Identified Barriers Identified