

DISCHARGE INSTRUCTIONS FOR SPINAL CORD STIMULATOR TRIAL

1. Upon arrival at home, you may lie down for 1-2 hours. You may then walk short distances and perform light activities. Avoid lifting objects over 20 pounds. You may resume your normal daily activities the day following the procedure. **DO NOT DRIVE** until the day following the procedure.
2. Keep the site dry and inspect the site every day for the duration of the trial. **DO NOT REMOVE THE BANDAGES. REMOVING THE BANDAGES CAN RESULT IN SERIOUS INFECTION. The bandages will be removed by the provider during your post-op appointment 1 week following the procedure.** You may have a sponge bath, do not get the dressings wet.
3. Some discomfort may occur at the procedure site. You may:
 - a. Take antibiotics and over the counter pain medication such as Tylenol®, Motrin®, or narcotic medications as prescribed.
 - b. Apply an ice pack for 30 minutes to the site, 2 to 3 times a day for the first 24 hours.
4. **If you take Aspirin or non-steroidal anti-inflammatory drugs**, (Motrin, Advil, Ibuprofen, Naprosyn, Voltaren, Relafen, etc.), you may start taking these medications the evening of the procedure.
5. **If you take a blood thinning medication, please discuss this with your Primary Care Physician and your Pain Physician** (Coumadin, Lovenox, Ticlid, Plavix, etc.). You may not start these medications until after the trial.
6. If you had IV sedation, try clear liquids first and if you are not nauseated, then advance diet as tolerated.
7. **FOR NON-EMERGENT QUESTIONS OR CONCERNS, CALL 303-331-6744** Monday through Friday 8a-5p. After 5p or on weekends, you will be directed to the Physician on call.
Call Mile High Sports and Rehabilitation Medicine if you are experiencing any of the following:
 - a. Severe back pain
 - b. Severe headache that does not go away with medicine, is worse when sitting or standing up, and is greatly relieved upon lying down. The headache may also be associated with nausea and/or vomiting.
 - c. Chills or fever (101F or 38.5C or greater)
 - d. Redness, swelling, tenderness, or drainage at the procedure site, or new onset of radiating pain to a different location of your body.
 - e. If you are not experiencing adequate stimulation and reprogramming is needed.
8. **If you are experiencing any of the following, proceed to the nearest Emergency Department to have your back scanned for possible spinal cord bleeding:**
 - a. High fever
 - b. Sensory loss in the groin or rectal area
 - c. Sudden loss of strength in arms or legs
 - d. Sudden chest pain/shortness of breath
 - e. Severe lethargy, seizures or new onset of confusion
 - f. Cannot move your legs
 - g. Not able to urinate after the procedure or lose bladder or bowel control
9. A nurse or medical staff member will call you within one week of your procedure. If not, please call our office at 303-331-6744 to inform us of any concerns and your level of pain relief. Not the degree of pain relief, especially on the day of the procedure.
10. An appointment is needed 7-10 days after your procedure to remove the leads.

Patient Signature

Witness Signature