

## DISCHARGE INSTRUCTIONS

You have undergone a Spinal Cord Stimulator Trial. Please read these discharge instructions carefully. Please let us know if you have any questions before leaving the hospital today, and please call our office if any questions arise during the Trial period.

Resume your regular medication schedule (unless your physician has advised differently, ex: blood thinners), your regular diet, and drink plenty of fluids.

Even though you may feel normal, the effects of sedation can persist beyond 24 hours. Your reflexes and mental ability may be impaired. Have a responsible adult stay with you today. Do not drive a car, operate heavy machinery, make any important personal decisions, or consume alcohol for 24 hours.

### ACTIVITY:

1. No bending, twisting, lifting. No elbows over your head. No big reaching movements.
2. Move your body as a unit when getting out and in of bed, try to avoid twisting.
3. Do not remove your bandage - if it starts to come off, reinforce with more tape.
4. Please do NOT shower or bathe, no hot tub, no swimming, no immersion of the unit under water.
5. Avoid heat and ice. If you have soreness, can use ice to help, but keep the unit/dressings dry.
6. If stimulation is uncomfortable or painful at any time, immediately turn off the unit and please call your Nevro representative. You may need different settings.

Serious complications are rare after this procedure. However, if you experience any of the following, proceed immediately to your nearest ER or call 911:

1. progressive weakness/inability to walk or use your legs in your normal fashion.
2. bowel or bladder incontinence, or inability to urinate or have a bowel movement.

Notify Munson Neurosurgery immediately if:

1. you have persistent nausea or vomiting or unexpected reaction to the medication
2. signs or symptoms of an infection, such as fever, excessive swelling, redness, drainage or pain at the injection site
3. pain that is different from your usual pain.

Munson Neurosurgery is open from 8 am to 5 pm. If at any time off hours, you feel that you need urgent medical attention, please proceed to the nearest ER or call 911.