

DISCHARGE INSTRUCTIONS - PERMANENT SPINAL CORD STIMULATOR PLACEMENT

ACTIVITY:

IT IS CRITICALLY IMPORTANT TO LIMIT YOUR MOVEMENT OVER THE NEXT 4 WEEKS.

NO BENDING (EXAMPLE: FORWARD TO TIE YOUR SHOES OR TO PICK SOMETHING UP OFF FLOOR)

NO HEAVY LIFTING (WEIGHT LIMIT 5 POUNDS)

NO STRENUOUS ACTIVITY

NO TWISTING OF YOUR BACK OR BODY

NO RAISING YOUR ARMS ABOVE YOUR HEAD

LIMIT EXCESSIVE STRETCHING OF YOUR BACK TO PREVENT DEVICE MIGRATION

DO: WALK AS MUCH AS YOU CAN AND STAY ACTIVE WITHIN YOUR LIMITS

WOUND CARE AND HEALTH:

YOUR WOUNDS CONTAIN IMPLANTS AND WILL REQUIRE SPECIAL ATTENTION AND CARE TO HEAL PROPERLY. YOU WILL HAVE A FOLLOW UP APPOINTMENT ABOUT 2 WEEKS AFTER YOUR SURGERY FOR A "WOUND CHECK." **SMOKING GREATLY IMPACTS WOUND HEALING. IF YOU ARE A SMOKER, CONSIDER QUITTING/CUTTING BACK TO HELP YOUR WOUND HEALING PROCESS.**

LEAVE YOUR WOUND DRESSINGS ON WHEN YOU LEAVE THE HOSPITAL

YOU MAY REMOVE THE DRESSING TWO (2) DAYS AFTER SURGERY.

YOU MAY SHOWER OR BATHE TWO (2) DAYS AFTER SURGERY.

CLEAN THE WOUND WITH ALCOHOL OR SOAP AND WATER GENTLY EVERY DAY. KEEP WOUND COVERED FOR A TOTAL OF 5 DAYS. THEN, WOUNDS MAY BE OPEN TO AIR.

NOTIFY MUNSON NEUROSURGERY IMMEDIATELY IF YOU NOTICE REDNESS, HEAT, FEVER, CHILLS, EXCESSIVE WOUND DRAINAGE OR BLEEDING, WOUND BREAKDOWN OR HAVE ANY OTHER WOUND CONCERNS. MINOR DRAINAGE, TENDERNESS IS TO BE EXPECTED AS YOU HEAL.

AVOID PRESSURE ON THE WOUNDS WHILE THEY ARE HEALING: FOR EXAMPLE WHEN DRIVING OR SITTING.

IF YOU HAVE ANY CONCERNS, CALL MUNSON NEUROSURGERY IMMEDIATELY 231-392-0640 OR PROCEED TO THE NEAREST ER