



Center for Pain and Headache Medicine
Guardian Medical Care

PATIENT'S NAME: _____ DATE OF BIRTH: _____

Post-Op Instructions for Spinal Cord or Peripheral Nerve Stimulator

24-Hour Post-operative Instructions

1. Do Not Drive. Do not operate dangerous machinery/equipment.
2. Do not make any important decisions.
3. Do not cook.
4. Limit activity to walking to and from the restroom
5. You must have supervision from family/friends available

Dressings

1. You do not need to change incision site dressings.
2. In case the dressing needs to be changed then please contact our office or the device representative.

After Implantation

1. Do not shower until the leads are taken out. Avoid soaking the incision. No baths. Sponge bath is recommended.
2. Practice changing settings on your stimulator hand-held programmer to become familiar with the equipment and to improve the control of your pain.
3. Try to walk slowly on an even surface every day in order to get some exercise and to assess the effectiveness of different programs during activity.

To reduce risk of Neuroelectrode lead migration/movement, avoid the following during the trial:

1. Lifting more than 10 pounds.
2. Raising arms above shoulders.
3. Reaching.
4. Twisting/bending at the waist.
5. Strenuous activity.

Medications

1. Take post-operative antibiotics as prescribed.
2. Take your regular pain medications as prescribed.

Signs and Symptoms of Infection

Although you were given IV antibiotics prior to surgery and oral antibiotics afterwards, watch for signs and symptoms of infection including:

1. Fevers, chills, and/or night sweats.
2. Bright redness and/or significant swelling and/or extreme tenderness at your incision sites.
3. Excessive drainage and/or foul-smelling drainage from your incision sites.

Patient Signature

Patient Printed Name

Date

Or person legally authorized to sign for the above-mentioned patient:

Signature

Printed Name

Relationship

Date