

Spinal Cord Stimulator Trial Discharge Instructions

Follow up:

_____ Please schedule a follow-up appointment with your Surgeon's office in _____ weeks.

Adam Michalik DO 952-456-7777 Daytime Hours

_____ A follow up appointment is not required at this time. Please contact your Surgeon's office at the number above if you experience complications at home after this procedure.

Adam Michalik DO 651-439-8807 Evening/Weekend Hours

TRIAL PERIOD

- Your trial period will last from 3 to 7 days.

DIET

- Unless otherwise instructed, continue with your previous diet.

BATHING

- Do not shower or bathe during this trial period.
- You may sponge bathe only.
- It is important to keep the lead insertion site dry.

LEAD INSERTION SITE DRESSING

- Keep your dressing dry.
- Do not remove or change the dressing.
- If the dressing becomes loose, you may reinforce it with tape.
- You can expect to have a small amount of bloody drainage on the dressing.
- If you are concerned with the amount of drainage, call the Physician's office at the listed number.

YOU RECEIVED YOUR SEDATION TODAY

- Limit your activities for the remainder of the day.
- Do not drive or operate machinery today.
- Do not make personal or business decisions for the next 24 hours.
- Do not sign legal documents for the next 24 hours.

ACTIVITY DURING YOUR TRIAL PERIOD

- Do not drive unless approved by your physician.
- Do not provide care for anyone who depends on you to help them.
- Your risk of falling is higher during your trial period.
- Avoid falling as a fall could cause you to break a bone or cause a serious injury.
- To avoid falls
 - Be careful when you step on and off curbs, climb stairs and walk.
 - Have someone remove clutter and rugs from your floors, especially in walkways.
 - Wear shoes with low heels until you can walk steadily again.
 - Time(s) your stimulator is turned off.
- To avoid the loss of stimulation:
 - Avoid moderate to intense physical activities such as jogging and bicycling.
 - Avoid jarring, high impact movements.
 - Avoid bending, twisting or extreme movements of your spine or back.
 - Do not lift your arms above your head.
- Wear loose-fitting clothes with buttons or zippers in the front and slip-on shoes.
- Do not lift anything weighing more than five pounds.
- In the pain diary, record:
 - Goals you want to accomplish
 - Pain level during activities
 - 0 = no pain
 - 10 = worst pain
 - Time(s) your stimulator is turned off
- Ease back into doing your daily activities.

PAIN

- Your procedure site(s) may feel sore for one to two days. This pain is to be expected and should not be confused with your chronic pain.
- For mild discomfort related to your procedure, apply an ice pack covered in a soft cloth to the site(s) for 15 to 20 minutes during the first 24 hours. Repeat every four to six hours as needed.
- DO NOT use a heating pad or any form of heat on the procedure site(s) during this trial period.

MEDICATIONS

- Unless otherwise instructed, take your regular medications. Avoid restarting any blood thinning medications until your trial is complete.
- Continue to take your usual pain medications as directed.
 - Do not decrease or stop medications during this trial period.
- For minor pain relief use acetaminophen (Tylenol™) in the recommended dose according to package instructions.
- Avoid all aspirin, aspirin-containing medications, and NSAIDS (anti-inflammatory medications such as Motrin™ or Aleve™) during the trial.

CALL YOUR PHYSICIAN IF

- You have signs of an infection:
 - Temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or greater.
 - Increased swelling, tenderness, warmth, or redness at the site.
 - Increased pain or pain not relieved by pain medications.
 - Drainage or oozing, or bad-smelling odor coming from the site.