

After your Spinal Cord Stimulator Trial: Post-Op Care

Please review these instructions prior to your procedure.

SCS Procedure:

- The stimulator trial can be performed with anesthesia or without anesthesia. In general, only a small amount of sedation is necessary if at all.
- You will be discharged from the surgical center on the same day as your procedure. There will be a small adapter taped to your back and you will have a remote controller device to control the stimulator.
- Your stimulator will be programmed before you leave the surgical center.
- You will be given instructions on how to use the system prior to leaving the surgical center by the device representative.
- You will be provided the phone number of the device representative for questions.

Medications:

- The postoperative pain is typically minimal but you may find that you experience some pain. You likely will not need post-operative pain medications to take home.
- The goal of the trial is to see if you have a decrease in pain and an increase in functionality/quality of life.
- Continue to take your home medications as instructed after discharge.
- Take the antibiotic as directed the **entire** time the trial leads are in place.
- If you take a blood thinner, this needs to be planned prior to the procedure as you will have to be off the medication until after the trial is removed. Discuss this with your doctor.

Follow-up:

- Please make sure you have a follow-up at the office visit in 7 days.
- Your stimulator representative will contact you several times during the trial.

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Dressing:

- Leave your dressing on during the entire trial.
- No showers permitted.
- Keep the dressing dry. Keep the hardware dry.
- Sponge baths are allowed so long as the equipment is kept dry.

Activity:

- No repetitive bending, twisting, or heavy lifting during the trial.
- No lifting greater than 10 pounds during the trial.
- This is a trial to help determine whether the stimulator is the right therapy for you!

Call us before your appointment if:

- You notice swelling, redness or clear drainage from your incision site (A small amount of yellowish drainage or blood may be normal). In rare cases, adverse tissue reaction to implanted materials can occur during this period.
- You have a fever greater than 101 degrees.
- You experience a headache that worsens when you go from lying to standing position.
- Have pain around the implant site for more than two weeks.
- Any other issues with the stimulator, pain, or the antibiotics.

For questions reach us on **Klara**, our messaging app. During normal business hours call 718-667-3577.

For questions about the device or programming issues, contact your stimulator representative.