

## Spinal Cord Stimulator Post Procedure Instructions

1. You may experience soreness at the site of the needle insertion. You'll be given pain medication to help decrease the surgical pain, use as directed.
2. You may be given a prescription for oral antibiotics. Please take these until all medication is gone.
3. Always wear the abdominal binder to support and stabilize the device and for your comfort.

### SCS Trial Post Procedure

1. Keep incisions clean and dry, no showering during the trial.
2. Avoid strenuous activities such as gardening, lifting, sexual activity, dog walking, etc. Do not lift anything heavier than 10 pounds for the extent of the trial. Do not raise your arms overhead or bend over at the waist during the trial. Refrain from twisting and turning.
3. Do not drive when the stimulator is on.
4. You may resume taking all your medicines unless otherwise indicated by your doctor. Do not resume taking blood thinning agents unless indicated by your doctor.
5. Please contact your Abbott representatives with any questions or concerns about your stimulator.

### SCS Permanent Post Procedure

1. Keep incisions clean and dry, you may shower after 48 hours if you keep the area of the surgical site clean and dry. You may change your dressing over both incision sites with dry sterile dressing. If bandages become soaked, please contact the office: 541-780-6654.
2. Avoid strenuous activity for 3 months (12 weeks) such as gardening, lifting, sexual activity, dog walking, etc. until you have been instructed otherwise.
3. Do not lift anything heavier than 10 pounds, raise your arms overhead or bend over at the waist for 3 months. Refrain from twisting and turning.
4. Please contact your Abbott representatives with any questions or concerns about your stimulator.
5. For either procedure, please call Pacific Sport and Spine during office hours for any unusual effects such as the following:
  - a) unusual persistent pain symptoms
  - b) intense headache or severe worsening of pain
  - c) shortness of breath or difficulty breathing
  - d) redness or swelling at the procedure site that lasts for more than 1 day
  - e) discharge from the injection site
  - f) a fever greater than 101.5 degrees for 2 consecutive readings 4 hours apart

If it is after business hours, please call the on-call provider at 541-780-6654.