



DISCHARGE INSTRUCTIONS FOR SPINAL CORD STIMULATOR TRIAL

MEDICATIONS: You may resume taking your pre-injection medications immediately. If you are taking a blood thinner, you may resume it 12 hours after your procedure.

SEDATION: Have a responsible adult drive you home. Do not consume alcoholic beverages, drive, operate machinery, or make major decisions for at least 24 hours after the procedure.

ACTIVITY: Avoid any sudden movements such as bending or twisting. Do not lift more than 5 pounds. Avoid reaching over your head. Do not drive while the stimulator is on. Soreness near the procedure site is common after your procedure especially the first night. If it happens a cold compress is helpful.

CARE OF INJECTION SITE:

You might experience some discomfort in the area of the injection. Use ice only for the first 24 hours. Apply ice to this area 20 minutes on then 20 minutes off.

Do not shower or take a bath (do not submerge body in water). Sponge baths only until next visit.

Keep the dressing dry and intact.

If you have any change in your bowel or bladder control, have increased numbness, tingling or weakness in your feet, severe leg or arm pain, please contact the office or go to your local emergency room.

Please call the office if you experience signs/symptoms of an infection: redness, swelling, drainage, fever (over 100.5) or increased tenderness at insertion site. If you cannot reach the office please proceed to nearest ER.

If you develop a headache, maintain bed rest, increase fluid and caffeine intake. If headache persists please call the office.

NOTES:

Please call Advanced Pain Solutions at (616) 841-2615 if you have any questions or concerns.

X _____

(Patient Signature)

Date: _____

X _____

(RN/MA signature)