



PREOP SPINAL CORD STIMULATOR TRIAL INSTRUCTIONS

Pre-op Instructions:

Please show up 30 minutes early to the appointment WITH your driver.

Take your prescribed antibiotic 1 hour prior to scheduled time.

Take a shower the morning of or the evening before the stimulator trial.

Please decide what phone number you will use for communication the week of the trial.

Please double check that you have stopped your blood thinner at the appropriate interval

After the stimulator trial:

Avoid excessive range of motion of the spine

No lifting anything over your head

Do not twist or bend excessively. If necessary, bend at the knees instead of bending at your back.

No Driving the day of the trial.

Incision care:

Do not remove surgical dressings.

If the bandages are loose, do not remove, add more tape to it and call the clinic.

No showers until after you are seen in the clinic 7 days after the trial.

Medication:

Take antibiotics for the full course. Do not stop early.

Take pain medications only as prescribed or less.

Do not take any other pain relievers other than those prescribed.

What to expect:

Muscle soreness is normal for the first 24 hours. It will decline after that.

Pain medication can cause constipation. You may take over the counter stool softener, such as Colace as needed. Increase water intake.

What to watch for:

What percent of pain relief? Can you do more than prior to the stimulator trial? Is your sleep better?

Can you take less pain medications?

When to call office:

Call with concerns including, but not limited to drainage, foul odor, worsening pain at the incision, fever, surgical pain not managed by medication taken as directed, severe headache, sudden onset of severe leg pain, bladder or bowel incontinence, weakness of lower extremities or any new symptoms.